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VISIT...

LANZAROTE
Caliente.COM

Issue 48
November 30, 2020

WEEKLY



HOLIDAY
PLANS
REVEALED!

At Home
With Kate

THE NEXT QUEEN!



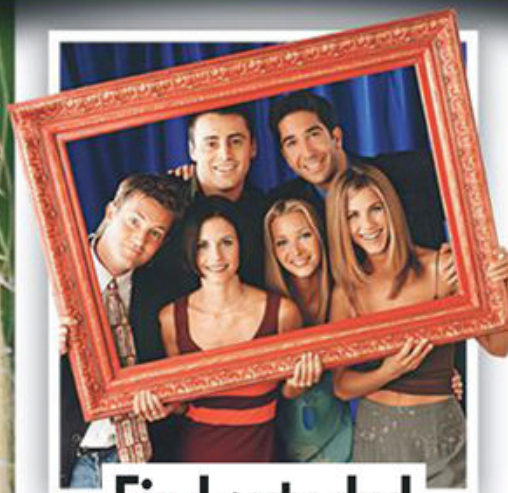
WHY QUEEN
ELIZABETH
CHOSE KATE



Hailey Bieber

Kylie Jenner

SPECIAL INVESTIGATION
**INSIDE
HOLLYWOOD'S
NEW 'CULT'**
WHAT THEY'RE HIDING



Find out why!

**FRIENDS
REUNION
IN CRISIS**



People's
Choice
Awards

Tracee
Ellis Ross

**INSPIRING
TRIBUTE TO
MOM DIANA**

- How she'll **take the title** over Duchess Camilla
- Pressure to be perfect and **struggles as a mom**
- All about her elegant style – **and what it costs!**

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4 8 >

We go the distance to bring you closer.

This holiday season, no matter how far apart you might be, stay connected to the people you love.

Send holiday joy at [USPS.com/holidays](https://usps.com/holidays)



PRIORITY:YOU

RED CARPET

First LOOK

OLIVIA CULPO

Fierce fusion! To celebrate the Oct. 27 launch of her Culpos x INC for Macy's collection, the former beauty queen turned fashion influencer paired a \$70 white sweater dress from the line with a \$3,550 Dior bag.

SHOP
Her
STYLE

A New Day
Boxy Large
Crossbody
Bag, \$30,
target.com

Lauren
Ralph Lauren
Bennington II
Skinny Leather
Belt, \$38,
macys.com

Express Crew
Neck Sweater
Dress, \$80,
express.com

Zara Slouchy
Heeled
High Shaft
Leather
Boots, \$169,
zara.com



RED CARP



**MADELAINE
PETSCH**

In Elie Saab
Couture on Feb. 9.

**KAITLYN
DEVER**

In a vintage Balmain
dress Feb. 9.

**RITA
ORA**

In head-to-toe
Fendi on Sept. 23.

**GRETA
GERWIG**

In Alberta Ferretti
Limited Edition Jan. 12.

**RACHEL
BROSNAHAN**

In an Azzaro
dress on Feb. 6.

Velvet Crush

Take cues from haute Hollywood and usher in the holiday season in this plush fabric!



**MINDY
KALING**

In a Salvador Perez gown on Jan. 28.

**BLAKE
LIVELY**

In a Dolce & Gabbana dress on Jan. 27.

**LUCY
HALE**

In a Tommy x Zendaya suit Feb. 5.

**SIENNA
MILLER**

In head-to-toe Gucci on Sept. 24.

**FREIDA
PINTO**

In a Galia Lahav dress on Feb. 9.

Who Wore It **BEST?**

Us asked 100 people at NYC's South Street Seaport



ALESSANDRA
AMBROSIO
27%



ROSIE
HUNTINGTON-WHITELEY
32%



JULIA
ROBERTS
5%



KRISTIN
CAVALLARI
20%



KATIE
HOLMES
16%

MAX MARA
Teddy Bear Icon
Coat, \$3,690,
us.maxmara.com



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Vitamin C

Power of
Five



Moisturize

Soy Milk Protein

Vitamin E



Vitamin B5

Biotin

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that counts.

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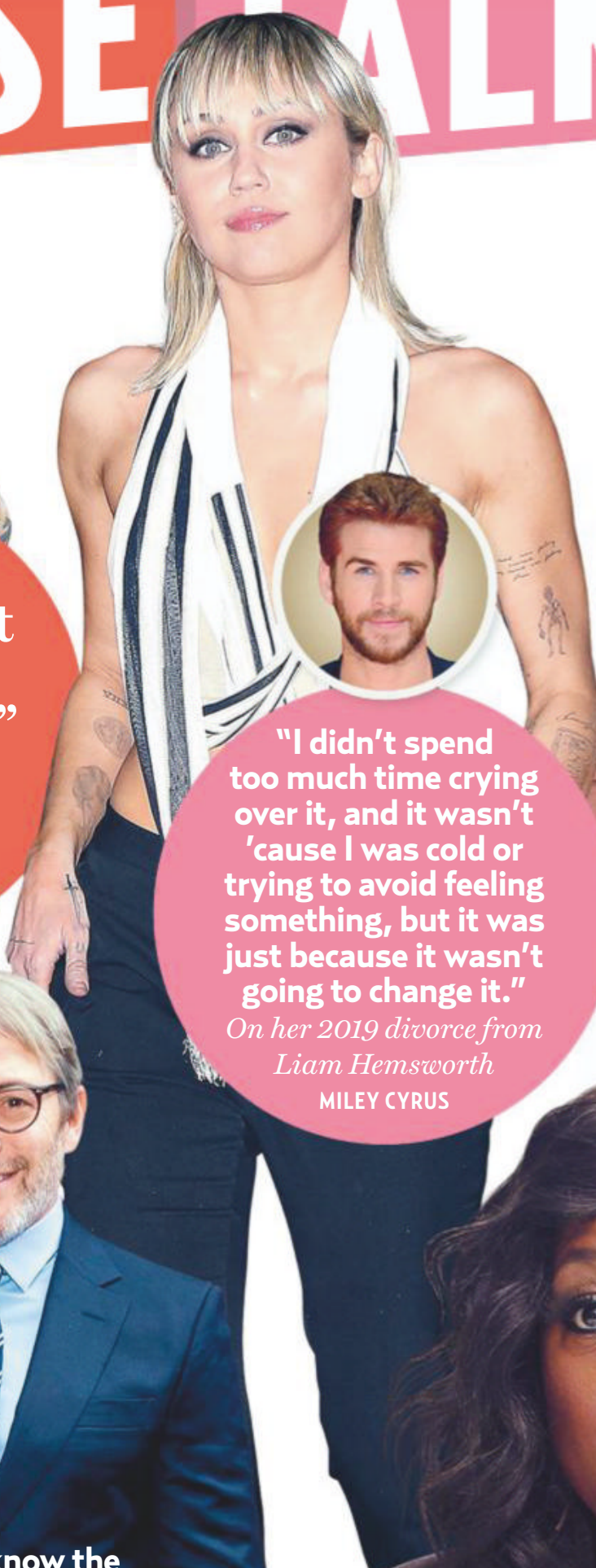
LOOSE TALK

WHAT THE
STARS SAID
THIS WEEK



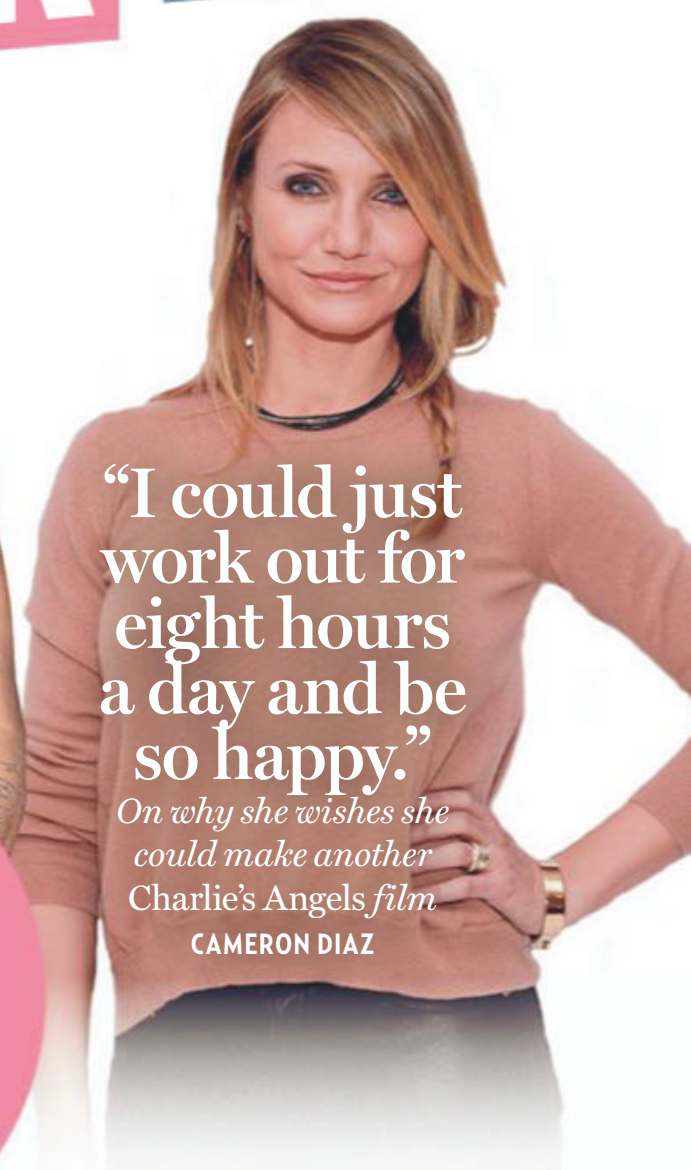
"I saged the place. We got some good juju in there."

On moving into Clare Crawley's room after her Bachelorette exit
TAYSHIA ADAMS



"I didn't spend too much time crying over it, and it wasn't 'cause I was cold or trying to avoid feeling something, but it was just because it wasn't going to change it."

On her 2019 divorce from Liam Hemsworth
MILEY CYRUS



"I could just work out for eight hours a day and be so happy."

On why she wishes she could make another Charlie's Angels film
CAMERON DIAZ



"I don't know the secret at all... but I'm very grateful and I love her, and it's amazing."

On his 23-year marriage to Sarah Jessica Parker
MATTHEW BRODERICK

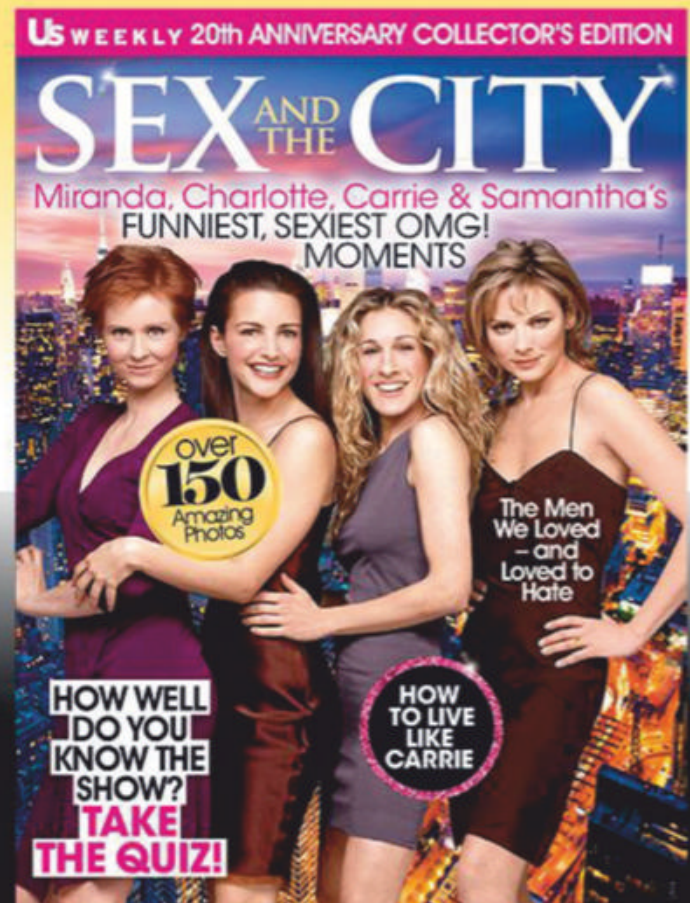
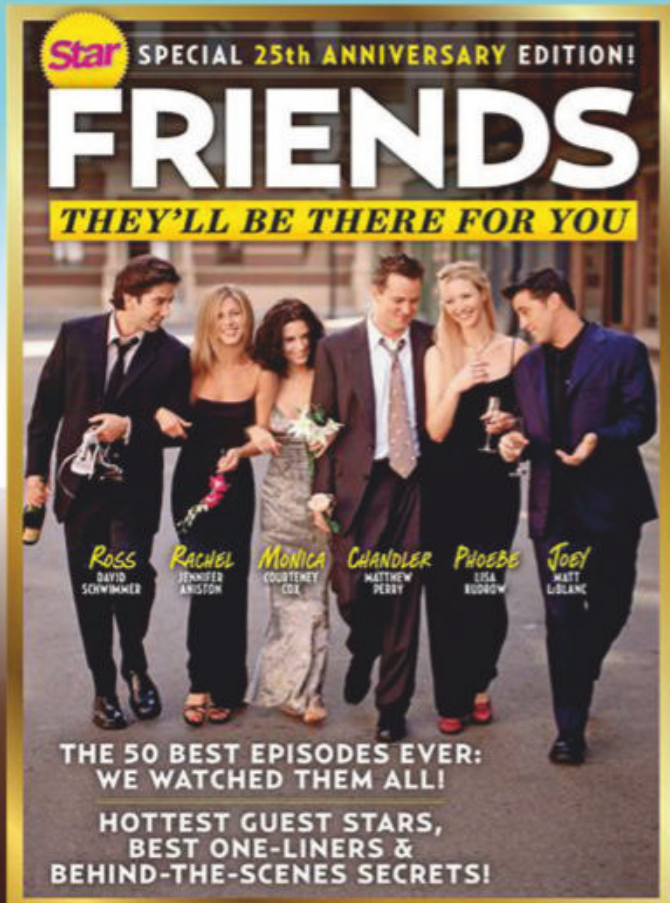


"I want and I expect to get the same filet mignon that white actresses get. Cooked at the exact temperature."

On demanding her worth in Hollywood
VIOLA DAVIS

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shop.getspecialissues.com



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Sources tell *Us* what went wrong between **Jason Sudeikis** and **Olivia Wilde**.

/ NOVEMBER 30, 2020 /

INSIDE *Us*

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Miranda Lambert took the CMA Awards stage in Nashville on Nov. 11.

On the Cover

10 PEOPLE'S CHOICE AWARDS 2020

Tracee Ellis Ross' tribute to mom **Diana Ross**, **Jennifer Lopez**'s emotional win and **Demi Lovato**'s outfit changes were just some of the show's biggest moments.

37 DELAYED AGAIN

The highly anticipated *Friends* reunion has been pushed back once more.

38 READY TO RULE

Find out all the details on **Duchess Kate**'s life at home and as she prepares to be the next queen.

46 BAD RELIGION?

Us takes an inside look at the celeb-friendly mega-church Hillsong — and reveals why it could be in trouble.

Also in This Issue

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LeAnn Rimes let *Us* tag along for a day in her life.

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†Moderate Absorbency, Poise Active Collection vs. Always Discreet, among those with a preference

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While accepting the Fashion Icon Award, Tracee Ellis Ross thanked "the icon herself," mom Diana Ross, in an inspiring speech for "not only her great parenting... but also her style, her epic closet and glamour that introduced me to the power of fashion."



FAN FAVORITES

Stars made their grand return to the red carpet in Santa Monica on Nov. 15

She Got
It From
Her Mama!





Machine Gun Kelly was among the many A-listers to present awards on stage.



"The true measure of my success is not in box office numbers or records sold, but from the love that I feel from all of you," **Jennifer Lopez**, who was honored with the People's Icon of 2020, said behind tears.



Bump, There It Is!

After winning Drama TV Star for *This Is Us*, mom-to-be **Mandy Moore** rubbed her growing belly and gushed that she was "so excited to bring this baby boy into the world."

CLOCKWISE FROM LEFT: ROB LATOUR/SHUTTERSTOCK; CHRISTOPHER POLK/E! ENTERTAINMENT (3); TODD WILLIAMSON/E! ENTERTAINMENT

→ TO GET EVEN MORE HOT PICS EVERY DAY, CHECK OUT [USMAGAZINE.COM](https://www.usmagazine.com)

HOT PICS!

PEOPLE'S
CHOICE
AWARDS

Blossoming
Beauty!

"Trying to suck up the tears, stay strong" Female Movie Star of 2020 winner **Tiffany Haddish** joked of finally wearing makeup and heels again.

Sofia Vergara received her last *Modern Family* award, which she called "very, very special."

Brad Goreski stopped and smiled for his own camera.

Making this her first appearance since welcoming a second child, **Mindy Kaling** took home the Comedy Show of 2020 prize for *Never Have I Ever* with breakout star **Maitreyi Ramakrishnan**.

So Close,
Yet So Far!



Bebe Rexha
said she was "so
excited" to wear
this "amazing"
Dsquared2 little
black dress
to the event.



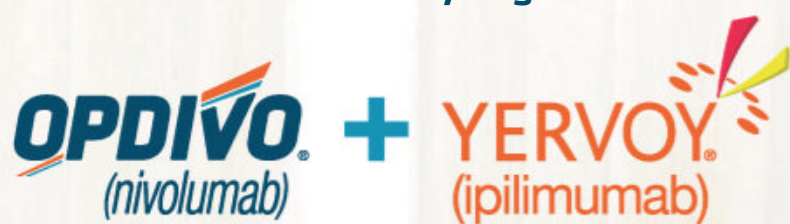
Red
Hot!



A fashion chameleon! Newly single **Demi Lovato** dazzled in five different looks, and a blonde wig, while hosting the show.

CLOCKWISE FROM BOTTOM LEFT: TODD WILLIAMSON/EI ENTERTAINMENT; RICH POLK/EI ENTERTAINMENT; CHRISTOPHER POLK/EI ENTERTAINMENT; ROB LATOUR/SHUTTERSTOCK; CHRISTOPHER POLK/EI ENTERTAINMENT (4); ROB LATOUR/SHUTTERSTOCK (2)

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**



**= A CHANCE FOR MORE
GAME DAYS**

A Chance to Live Longer™

THE 1ST AND ONLY FDA-APPROVED
CHEMO-FREE COMBINATION
OF 2 IMMUNOTHERAPIES THAT
WORKS DIFFERENTLY

In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Results may vary.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic), **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse. Do not try to treat symptoms yourself.

- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; shortness of breath
- **Intestinal problems (diarrhea or colitis) that can lead to tears or holes (perforation) in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; mucus or blood in your stools or dark, tarry, sticky stools; stomach-area (abdomen) pain or tenderness; you may or may not have fever

- **Liver problems (hepatitis) that can lead to liver failure.** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; feeling less hungry than usual; decreased energy
- **Hormone gland problems (especially the thyroid, pituitary, and adrenal glands; and pancreas).** Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; feeling more hungry or thirsty than usual; urinating more often than usual
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems.** Signs of these problems may include: skin rash with or without itching; itching; skin blistering or peeling; sores or ulcers in mouth or other mucous membranes
- **Inflammation of the brain (encephalitis).** Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; stiff neck
- **Eye problems.** Symptoms may include: blurry vision, double vision, or other vision problems; eye pain or redness
- **Heart problems.** Signs and symptoms of heart problems may include: shortness of breath; irregular heartbeat; feeling tired; chest pain
- **Muscle and joint problems.** Signs and symptoms of muscle and joint problems may include: severe or persistent muscle or joint pains; severe muscle weakness

Additional serious side effects observed with YERVOY include:

- **Nerve problems that can lead to paralysis.** Symptoms of nerve problems may include: unusual weakness of legs, arms, or face; numbness or tingling in hands or feet



Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment with OPDIVO and YERVOY.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider if you: have immune system problems (autoimmune disease) such as Crohn's disease, ulcerative colitis, lupus, or sarcoidosis; have had an organ transplant; have lung or breathing problems; have liver problems; have any other medical conditions; are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. **Females who are able to become pregnant:** Your healthcare provider should do a pregnancy test before you start receiving OPDIVO and YERVOY.

- You should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.
- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.

If you are breastfeeding or plan to breastfeed: It is not known if OPDIVO or YERVOY passes into your breast milk. **Do not** breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- See "What is the most important information I should know about OPDIVO and YERVOY?"
- **Severe infusion-related reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; feeling like passing out
- **Complications of stem cell transplant that uses donor cells (allogeneic).** These complications, such as graft-versus-host disease, may be severe and can lead to death if you receive OPDIVO or YERVOY either before or after transplant. Your healthcare provider will monitor you for the following signs and symptoms: skin rash; liver inflammation; stomach-area (abdominal) pain; diarrhea

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.



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HOT PICS!

Sutton Foster and Hilary Duff were happy to be together again on the set of *Younger* after Covid-19 postponed filming earlier this year.

NYC, NOV. 11

Back in Action!

She's on board! During a tropical getaway, Victoria's Secret model **Martha Hunt** paddled through placid waters.

TULUM, MEXICO, NOV. 12

Class act! **Queen Latifah** got into character for the upcoming reboot of *The Equalizer*.

NYC, NOV. 9

CLOCKWISE FROM BOTTOM LEFT: MEGA; STEVESANDS/NEWYORKNEWSPHOTO/MEGA; JOSE PEREZ/INSTARIMAGES.COM



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**HOT
PIC**



Carrie Underwood shined bright in a sparkly dress at the socially distanced event, which was held at the Music City Center.

CMA AWARDS

Country's big night was live (and in-person!) in Nashville on Nov. 11

Jason Aldean helped kick off the night with a tribute to late singer Charlie Daniels.



Honoring a Legend!

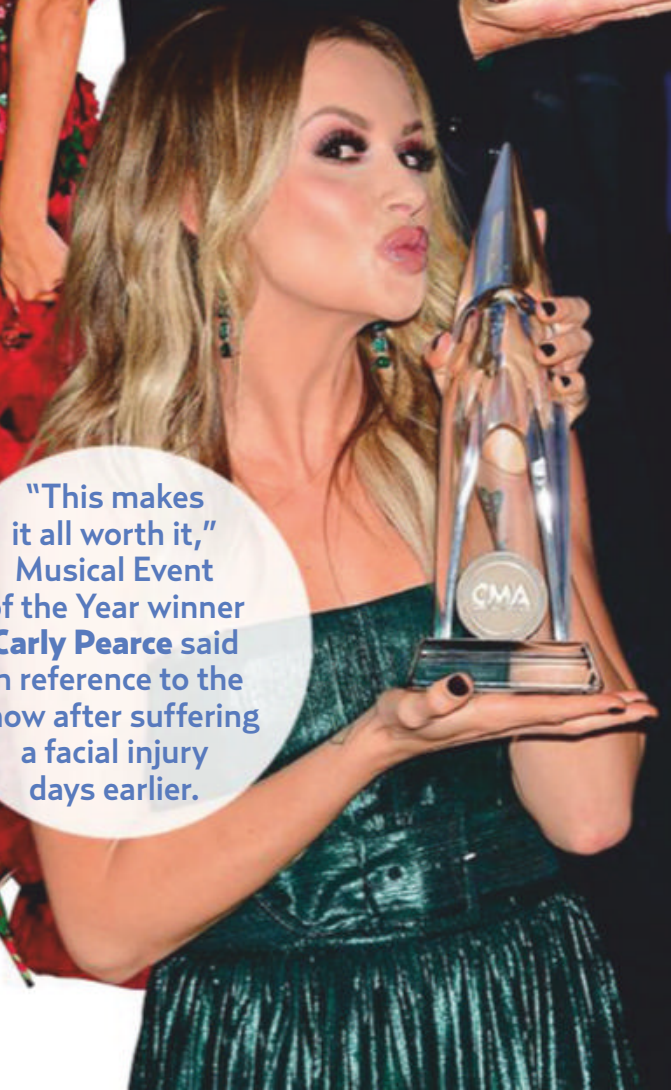
Eric Church was named entertainer of the year.



Coming up roses! **Kelsea Ballerini** stunned in a floral Dolce & Gabbana gown.



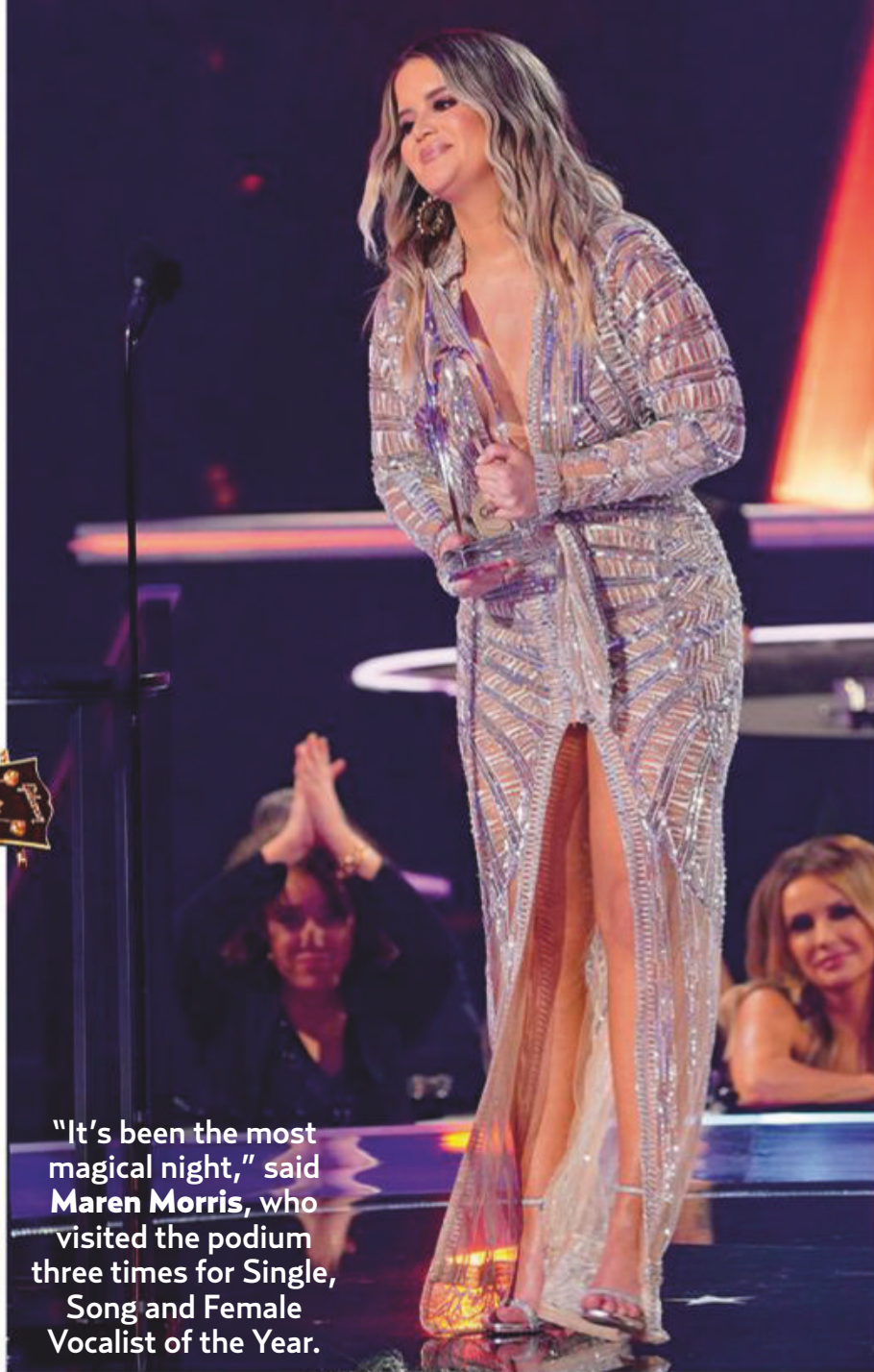
"This makes it all worth it," Musical Event of the Year winner **Carly Pearce** said in reference to the show after suffering a facial injury days earlier.



Country Cuties!

Miranda Lambert turned the big occasion into date night with husband **Brendan McLoughlin**.

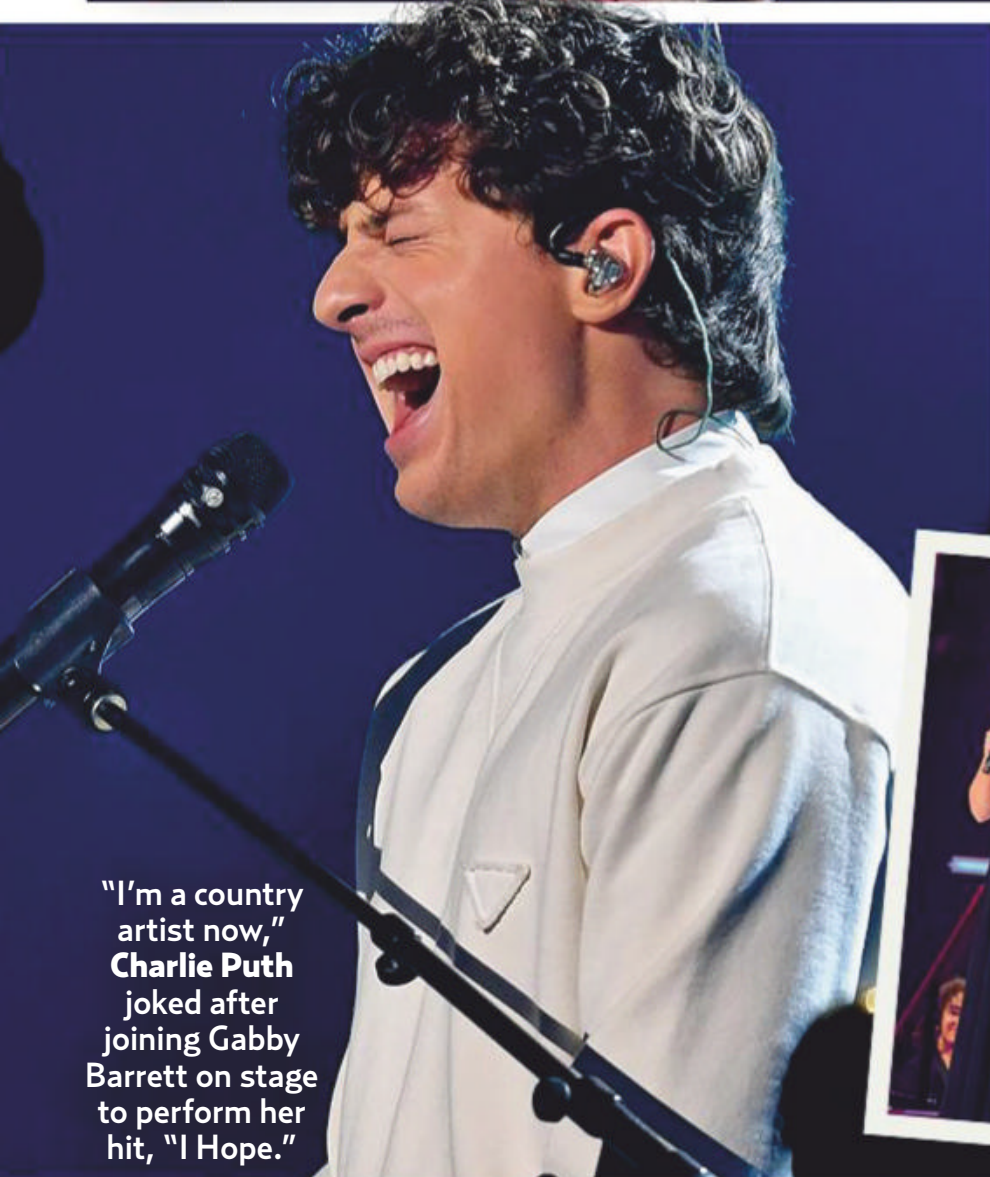




"It's been the most magical night," said **Maren Morris**, who visited the podium three times for Single, Song and Female Vocalist of the Year.



**Red Carpet
Official!**



"I'm a country artist now," **Charlie Puth** joked after joining Gabby Barrett on stage to perform her hit, "I Hope."



Reba McEntire, who shared hosting duties with **Darius Rucker** (inset), brought some serious arm candy: new boyfriend **Rex Linn**.



**BEST
SELLER**

SHOULDER SUPPORT SHIRTS

Double support panels
promote healthy posture

***Plus! Sleek, body-hugging
fit hides under clothing***



unwrap

PAIN RELIEF

FOR THE HOLIDAYS

Things haven't been easy since last holiday season, and now, more than ever, we're wishing we could give our loved ones a big hug.

How do you send a supportive hug during these distanced holidays?

WITH TOMMIE COPPER COMPRESSION!

Designed to be comfortably worn all day while providing soothing pain relief, reassuring support, and more complete recovery. Make sure your loved ones unwrap Tommie Copper and feel their best during the holidays.



TOMMIECOPPER

Scan, Shop, Send

Wishing You a Happy Holidays

(From a Distance)

Your Health. Our Technology.™



Thought you could use a little relief right now. Wear it and think of us!



— ALL-SEASON —

STOCKING STUFFERS

Make sure you're stocked up on gifts from now to New Years. Whether wrapped up and sent in the mail, or tucked in a literal stocking, Tommie Copper masks and socks make for versatile, affordable, crowd-pleasing gifts. Keep plenty on hand for family and friends this holiday season!



Community Wear™
Face Mask



Community Wear™
Face Mask Gaiter



TruTemp™
Compression Socks



Scan, Shop, Send

Relief is on the way!

SEND
Peace of Mind



Face Mask Gaiter

Double-layer, multi-fabric design, for peace of mind while keeping your loved ones (& yourself) comfortably covered.

SEND
Stability



Leggings with Knee Support

Integrated sleeves will cradle their knees for discreet stability and support where they need it most.

SEND
Personalized Support



Adjustable Back Brace

Ultra-Flex Stability Straps make it quick and easy to customize this brace, for personalized support and relief of their lower back pain.

SEND
A Gentle Hug



Lower Back Support Tank

Proprietary compression fabric and a 4-Panel Power Mesh System will give their lower back and core the support they've been missing.

HOT PICS!



**She's Got
His Back!**

Bryce Hall took fellow TikTok star **Addison Rae** for a ride after a workout.

WEST HOLLYWOOD, NOV. 12



**Paying
Tribute**

On England's Armistice Day, **Prince Charles** and **Duchess Camilla** — who matched her mask to the symbolic poppy pin worn in honor of fallen service people — attended the centenary burial of the Unknown Warrior in Westminster Abbey.

LONDON, NOV. 11



ER alum **Mekhi Phifer** teamed up with Nutri-Grain to give away one million bars to teachers across the country.

L.A.



TO GET EVEN MORE HOT PICS EVERY DAY, CHECK OUT **USMAGAZINE.COM**



Check her out! **Rihanna** looked casual-chic in an oversized plaid jacket during dinner.

SANTA MONICA, CALIF., NOV. 12



It's a McDream Come True!

"It was lovely and inspiring to go back," **Patrick Dempsey** says of working with **Ellen Pompeo** again in his surprise *Grey's Anatomy* return on Nov. 12.

MALIBU



Powered by the best of nature to help relieve your kids' cough.*†

new Children's Robitussin Naturals

100% drug-free, purposefully crafted with **Ivy Leaf & True Source Certified Honey** to relieve their cough and help clear mucus.



Drug & Alcohol Free



FREE FROM artificial colors, flavors & preservatives



Non-GMO[^]



DIETARY SUPPLEMENT. †Relieves occasional cough associated with hoarseness, dry throat and irritants. [^]For more information on our non-GMO standard visit robitussin.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

HOT PICS

Newly married
Sean Penn enjoyed
a leisurely stroll
along the shoreline.
HAWAII, NOV. 10

Beach
Bum!



Days after
revealing he had
been diagnosed
with prostate
cancer, **Al Roker**
was spotted
power walking
in Central Park.
NYC, NOV. 12

In High
Spirits!



"There is nothing that
I love more than seeing
random acts of kindness
play out," **Katherine
Schwarzenegger** says of
being a part of the new
#AerieREAL Kind Hotline.
NOV. 13

TURN UP THE HEAT

A Winter Manicure That Is Definitely Not Boring

Feel the chill? It might be time to freshen up that everyday look with an of-the-moment mani that is anything but mundane. Bold enough to withstand an extra-long sleeve or a chunky sweater, this fiery manicure pays tribute to the inner siren that resides underneath all those layers.

Level of Difficulty: 🔥🔥 Ideal for the do-it-yourself mani-pro, easy to create with a few craft store items and Japonesque beauty tools.

Cuticle Care: First push back and clean cuticles with the Japonesque Nail Tool. Its sharp flat edge expertly scrapes away the excess skin around cuticles for a smooth clean surface. Then remove lifted cuticle with the Velvet Touch Manicure Nipper. The ultra sharp blades meticulously nip away any excess skin.

Nail Shaping: Shorter nails continue to be the trend and look great with this Fire Effect. Once trimmed to the desired length, smooth the edges with a nail file. The Nail Perfecting Trio has everything you need to expertly get the job done – and has a pretty sparkle finish as a bonus.

Japonesque Nail Perfecting Trio; \$7.97

Japonesque Velvet Touch Manicure Nipper; \$12.98

Japonesque Velvet Touch Nail Tool; \$4.98

GET THE LOOK:

Besides your manicure tools and a great red polish, you'll need foil and foil adhesive which can be picked up at your local craft store.

1. Apply base coat and let dry. Apply two coats of polish and let dry.
2. Apply a thin even layer of foil adhesive to the tips of the nails and let dry to a matte finish.
3. Crumple a piece of adhesive foil and using a tweezer, lightly blot over the tip of the nail only. It will stick to the adhesive creating the crackle effect.
4. Seal with your favorite top coat. Hint: Use a light touch so you don't smear the foil.

Japonesque's Pro Performance Slant Tweezer is ideal for foil application.

HOT PICS!

HOT MAMA

Emma Roberts is slaying her maternity style



"To see my body change inside and out so drastically has been a wild experience," Roberts (in Celine) says of being pregnant.

NOV. 12



To promote her new flick, *Holidate*, she opted for a ruffled Miu Miu look.

OCT. 23



The star and beau Garrett Hedlund are "excited" for the baby, says a source.

L.A., OCT. 23



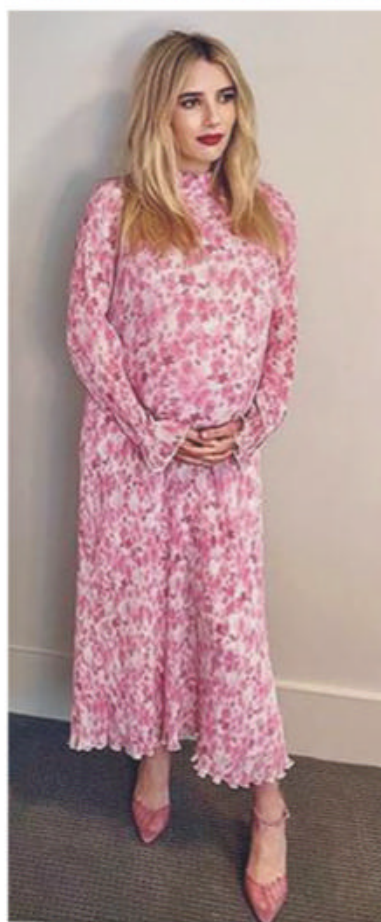
This floral Vampire's Wife maxi ensemble looked stunning on her.

OCT. 28



Even the mom-to-be's street style has been on point.

L.A., OCT. 12



The actress was pretty in pink wearing Ganni for *Jimmy Kimmel Live*.

OCT. 20



Roberts, 29, dressed her bump in Tory Burch for her magical garden baby shower.

OCT. 4

Stay Healthy. Stay Energized.

Boost immunity and energy
with LifeToGo



There's nothing worse than the mid-afternoon slump. Pick yourself up with the new LifeToGo Immunity+ Energy Vitamin Drink Mix, an all-natural blend of vitamins and minerals giving you healthy energy when you need it most.

Made with 80mg of caffeine from green tea, the convenient LifeToGo Immunity+ Energy Vitamin Drink Mixes enhance your energy and immunity with a blend of Elderberry, Vitamin C and Zinc. Simply open, pour and mix into water for a refreshing Limeade drink that's good for you too.

Order your 30-day supply of LifeToGo Immunity+ Energy Vitamin Drink Mix and say goodbye to low energy and a weakened immune system and hello to feeling great all day long!



Inhale, Exhale, Relax

We're all working on self-care these days. Whether it's bubble bath,

a walk in the park or a few moments of meditation, staying healthy and calm is a priority. Our new LifeToGo Immunity+ Calm Vitamin Drink Mixes are a must for your self-care routine, providing your body and mind a way to relax while also supporting your immune system.



Boost Your Immunity One Sip at a Time

Give your immune system the support it needs with the new LifeToGo Immunity Vitamin

Drink Mix, a delicious blend of all-natural vitamins and minerals including Vitamin C, Elderberry and Zinc. Our convenient packets slip easily into gym totes, lunch bags and purses, so all you

have to do is open, pour and mix into water.

Stay Safe. Stay Healthy. Everywhere You Go.



Stars
THEY'RE JUST LIKE
US!



**THEY
PAY THE
METER!**

Jeff Goldblum
avoided a
parking ticket.

**WEST HOLLYWOOD,
NOV. 10**



**THEY RUN
ERRANDS!**



**THEY
RECYCLE!**

Olivia Culpo properly
placed her cardboard
boxes in the right bin.

L.A., NOV. 9



While out and about, **Ariel Winter's** hands were full with a giant roll of bubble wrap and packaging tape.
L.A., NOV. 8



THEY WORK OUT!

Shia LaBeouf didn't let his arm injury stop him from going on a jog.
PASADENA, CALIF., NOV. 11



For dinner, chef **Bobby Flay** made a delicious dish using Hidden Valley Original Ranch Seasoning. Yum!

THEY COOK!



BROOKE BURKE

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FEATURES & BENEFITS

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- COMFORT ARCH SUPPORT
- SHAPE OF INSOLE WAS DEVELOPED WITH OVER 20 YEARS OF DATA
- MACHINE WASHABLE
*SELECT STYLES ONLY



skechers.com

Love Lives

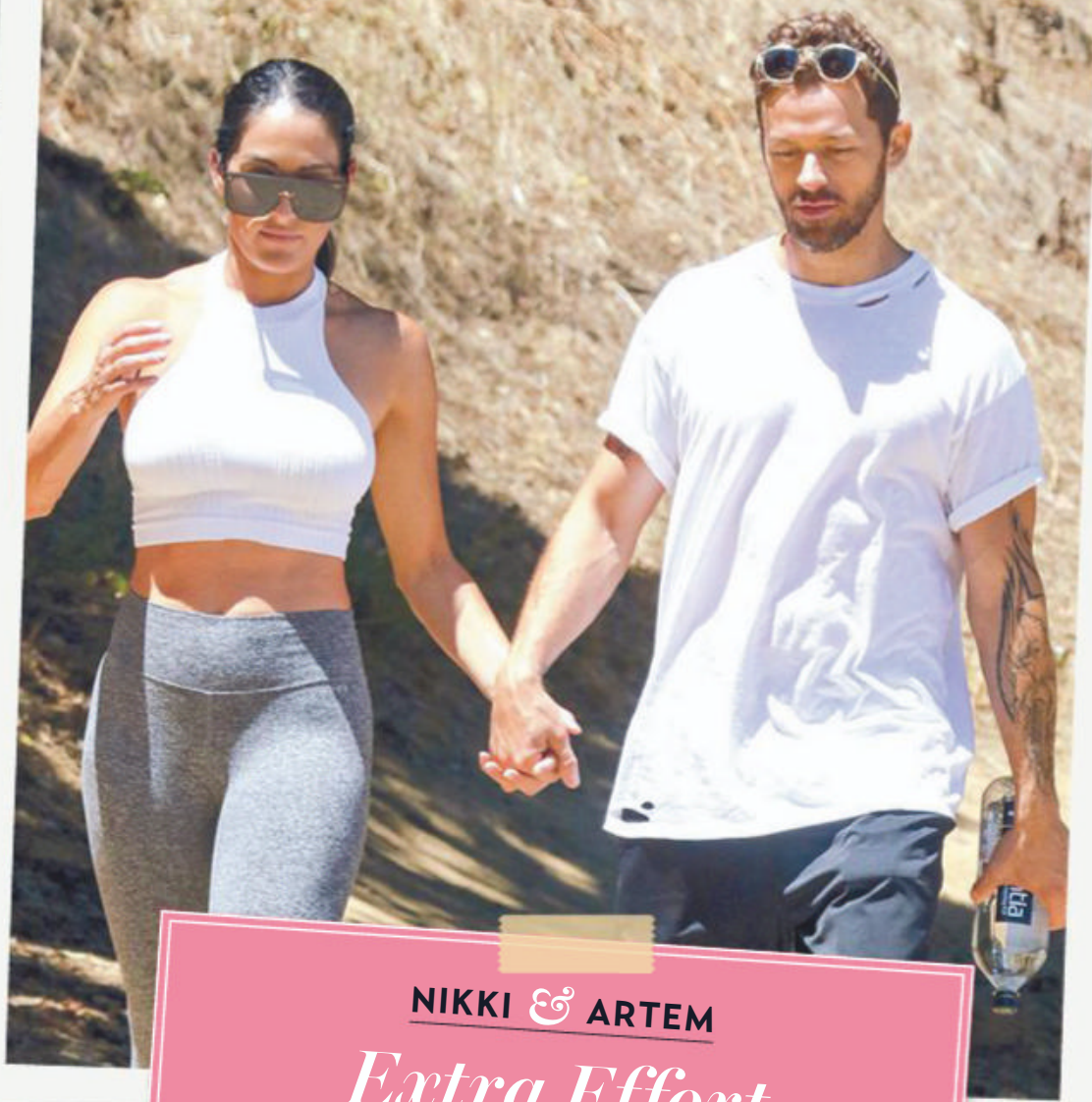
The best part of marriage? "The stability of knowing that this is a family you've chosen," Chopra's told *Us*.

PRIYANKA & NICK

Home Sweet Home

➔ It's safe to say **Nick Jonas** and **Priyanka Chopra** are not sick of each other. Getting to spend extra time together at home during the pandemic has been "the biggest upside of all," the singer, 28, recently revealed. The feeling is mutual for Chopra. "Knowing that I have my husband by my side is the best perk," the actress, 38, told *Us* earlier this year. "[We always] have a great time together. He's the best guy."

➔ LEARN MORE ABOUT YOUR FAVORITE COUPLES AT **USMAGAZINE.COM**



NIKKI & ARTEM

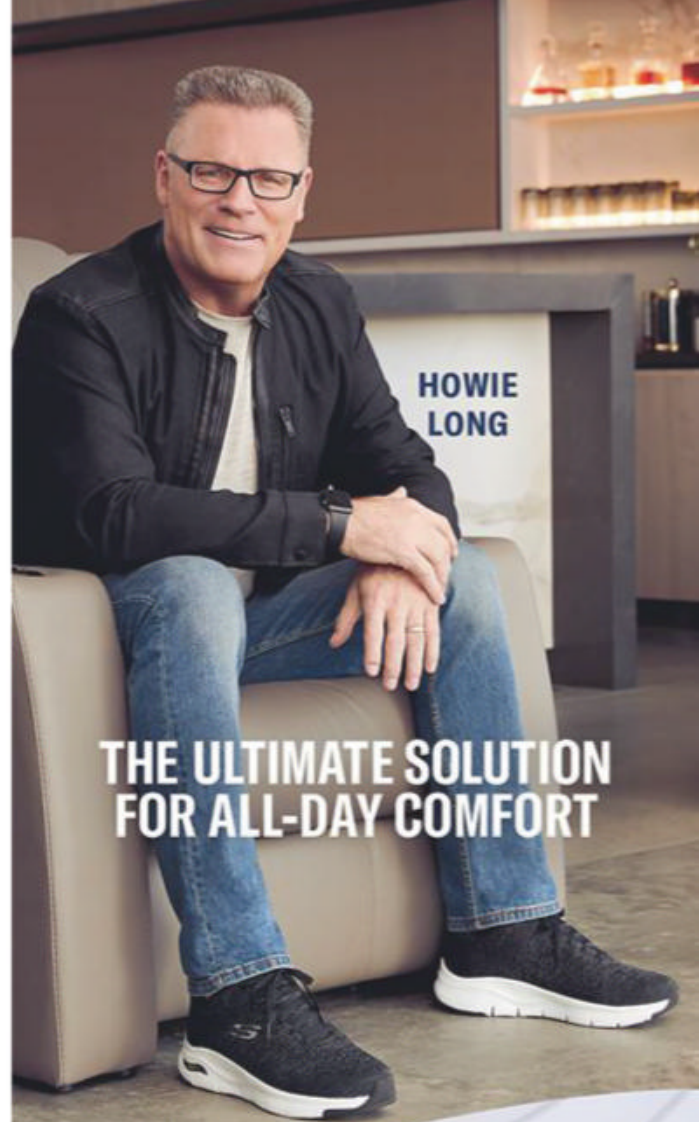
Extra Effort

➔ Relationships take work — just ask **Nikki Bella** and **Artem Chigvintsev**. "[We] have great communication, but we're actually going to start [couples] therapy," the *Total Bellas* star, 36, tells *Us*. "We both feel like we're not listening to each other." One thing she and the dancer, 38, are on the same page about? "We have incredible sex," reveals the mom of Matteo, 3 months, "and thank goodness for that."



Strong Union

Kaley Cuoco may be a huge star, but her hubby **Karl Cook** doesn't feel emasculated by it. That was a "big problem" in her marriage with ex **Ryan Sweeting**, the actress, 34, recently said. But Cook, 29, has his "own life," she noted. That's "what's so cool about [him]."



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SKECHERS.COM

Hot Hollywood

● NOVEMBER 30, 2020

Jason Sudeikis and Olivia Wilde looked every bit the happy couple while enjoying a beach day together in early September. But clearly, not everything is as it appears. After nearly a decade together and a 7-year engagement, *Us* can confirm that the actor, 45, and the actress, 36, have decided to go their separate ways.

NO BAD BLOOD Fortunately, there's no ill will between the two. Like every couple, "there were arguments and fights," a source tells *Us*, spe-

JASON & OLIVIA

IT'S OVER

cifically over career decisions and where to live. Sudeikis preferred Wilde's native NYC, while

she liked L.A. better, says the source. But at the end of the day, "Olivia and Jason really did grow apart," reveals a second source. "[They were] solid for a very long time, but there's a reason why they never made it official." For now, the duo are focusing on coparenting Otis, 6, and Daisy, 4. "That's the priority for them," adds the source. "They're handling this like adults."



Though Wilde was spotted without her ring on Nov. 14, just one day after news broke, "there is no drama" between her and Sudeikis, says a source.



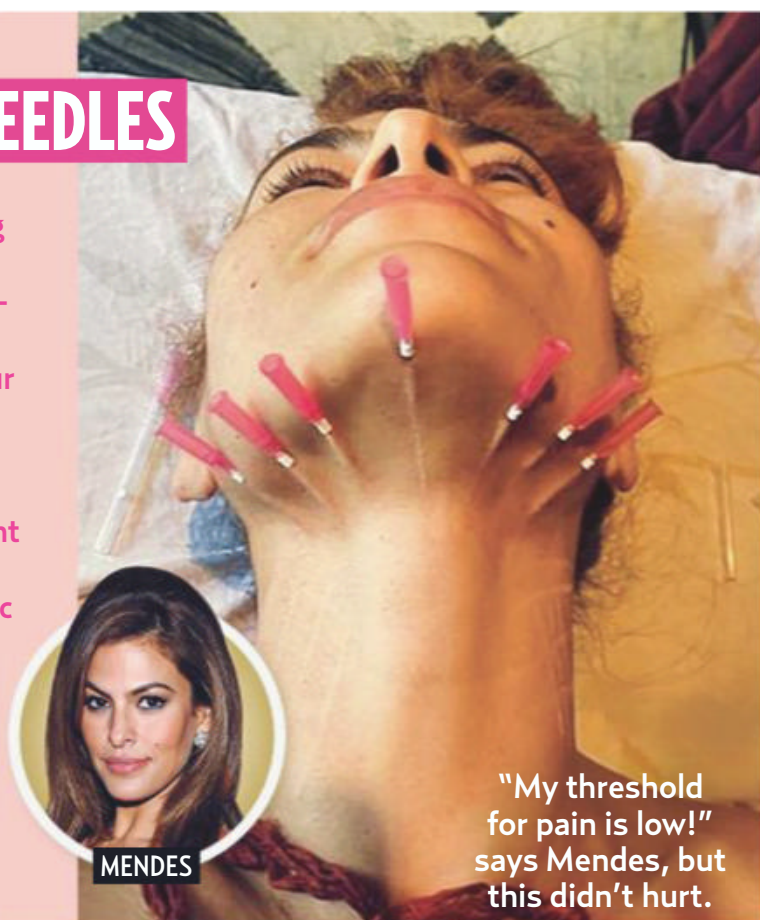
Witherspoon sold the house to Meg Haney, the younger sister of designer Mary Alice Haney.

MAKING MOVES

➔ It seems **Reese Witherspoon** is joining the growing list of stars leaving L.A. behind. Just six months after selling her Pacific Palisades mansion for \$17 million, *Us* can confirm that the actress, 44, and husband **Jim Toth** have also sold their Malibu vacation home — that they just bought last year — for \$6.7 million off-market. Currently, the pair own places in the Bahamas and Witherspoon's native Nashville. While it's unclear where they will make their permanent residence, the Draper James founder is happiest in the South. "The older you get, the more you want to go home," she's said. "Whenever the plane lands in Nashville, I breathe deeper."

ON PINS AND NEEDLES

The secret to looking as youthful as **Eva Mendes** at 46? Apparently, getting multiple syringes inserted into your neck all at once! On Nov. 12, the actress shared a photo of herself during a mono-threading treatment that aims to prevent skin sagging. While her graphic post caused a frenzy on social media, she claims the routine was painless. "Honestly, had no idea I had that many in," says Mendes. "It looks more invasive than it is."



MENDES

"My threshold for pain is low!" says Mendes, but this didn't hurt.



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"HIGHLY RECOMMEND"

"Bought these for use as everyday wear shoes. The arch support is amazing."

SKECHERS.COM

6 A.M.

Rise and shine! Rimes starts her morning with a tiny espresso, along with vitamins which she washes down with a mason jar of water.



9 A.M.

"I'm obsessed with my rebounder," she says of jumping on a trampoline. "It takes me back to my childhood [and] it's a great workout."



11 A.M.

Afterwards, she gets a head start on dinner — a yummy white bean chili — that her dog yearns for. "I've been cooking so much during this downtime," says the actress.



LeAnn Rimes

A DAY IN THE LIFE

The singer lets *Us* in on her daily routine

5 P.M.

'Tis the season for an impromptu family holiday card! "No showers were taken before," says Rimes, posing with hubby **Eddie Cibrian** and his sons, Mason, 17, and Jake, 13. "We thought it was pretty fitting for the year we've had."



1 P.M.

Then, Rimes records her new iHeartRadio Wholly Human podcast (launching Nov. 30) from home, which she loves. Says the star, "I can stay in my sweats!"



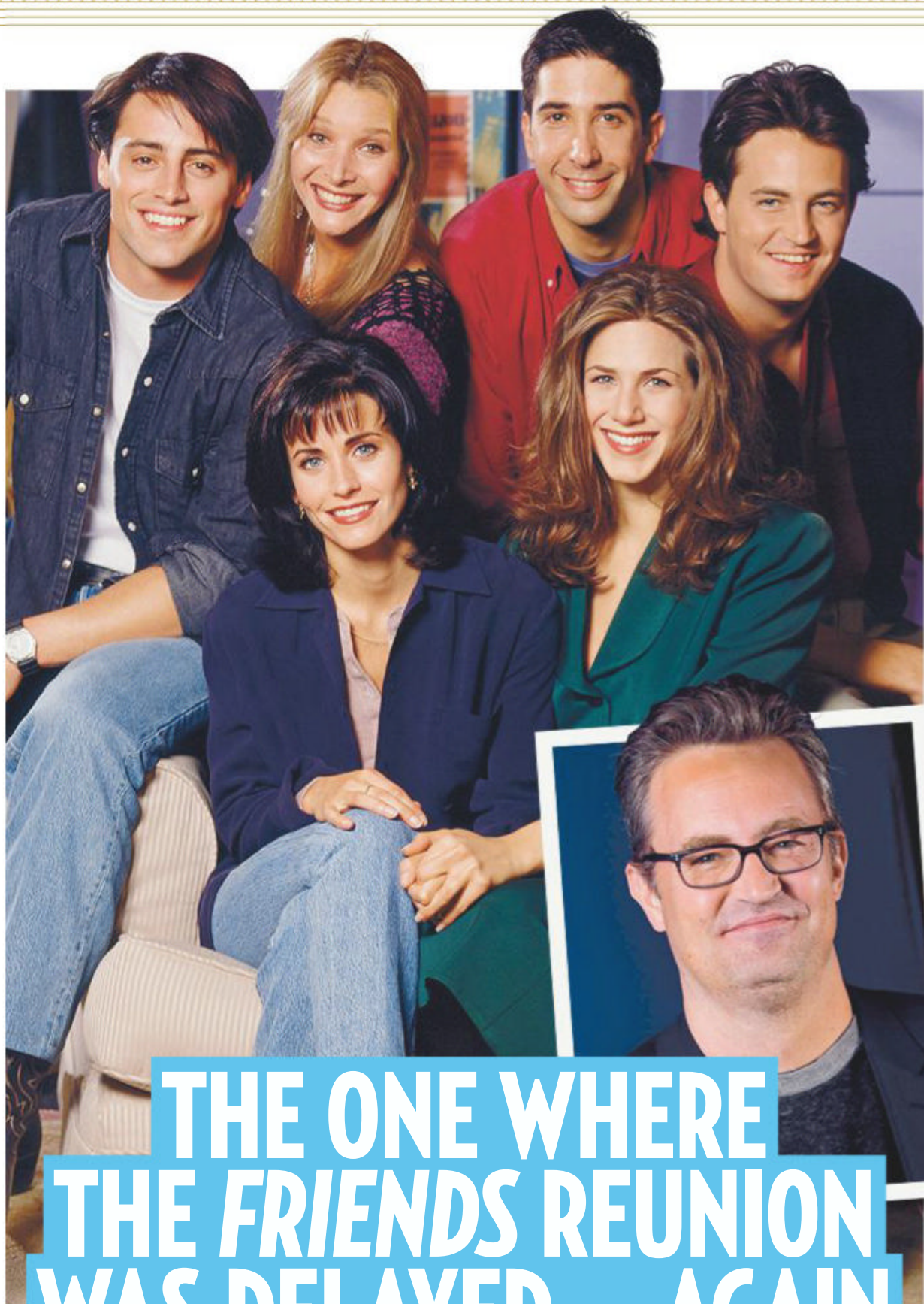
3 P.M.

"I love being so hands-on," the Grammy winner, 38, says of making candles for her Soul of EverLe store.



LISTEN UP!

Rimes' new record, *Chant: The Human & The Holy*, is out Nov. 20.



THE ONE WHERE THE FRIENDS REUNION WAS DELAYED — AGAIN

➔ Could we BE any more bummed out? According to **Matthew Perry** — who played Chandler Bing on *Friends* from 1994 to 2004 — his character and Rachel Green (**Jennifer Aniston**), Monica Geller (**Courteney Cox**), Phoebe Buffay (**Lisa Kudrow**), Joey Tribbiani (**Matt LeBlanc**) and Ross Geller (**David Schwimmer**) won't be getting back together again anytime soon because the highly anticipated HBO Max reunion special has been delayed once more. Originally scheduled to air in May, it was pushed back for a second time in August due to the pandemic. Fortunately, there's good news: Another date has finally been set. "*Friends* reunion being rescheduled for the beginning of March," the actor, 51, announced via Twitter on Nov. 12. "Looks like we have a busy year coming up. And that's the way I like it!"

THE US BUZZZZ-O-METER

What Hollywood is
buzzing about this week

SASSY BY SAVANNAH

Talk about a southern belle! **Savannah Chrisley**'s beauty brand includes this full-face palette as well as lip and eye kits. (From \$12, sassybysavannah.com)



BOTTEGA VENETA PADDED SANDALS

Katie Holmes is one of the many celebs loving these quilted lambskin mules that feature the on-trend square-toe design. (\$880, bottega-veneta.com)

WEAR THE DAMN MASK

In this new book, pupstar Izzy the Frenchie wittily explains the importance of covering up through a high-fashion lens. (\$12.99, amazon.com)



VINTAGE FRAMES COMPANY

What a spectacle! **The Weeknd** is a fan of this brand, which offers customizable lense options for repurposed designer glasses. (From \$99, vintageframescompany.com)



MELLODEES DEE PLUSH

World-renowned DJ **Marshmello** released a limited-edition singing robot toy based on the character from his animated YouTube series for kids. (\$45, shop.mellodees.com)





Monarch

IN WAITING

Us reveals details of life at home with **Duchess Kate** — and how she's gearing up to be the next queen

She was a vision to behold. On Nov. 8, while commemorating Remembrance Sunday in honor of the British and Commonwealth military, Duchess Kate looked elegant in a flawlessly fitted, military-inspired jacket designed by one of Princess Diana's favorite couturiers. Between her refined posture, solemn gaze and chic pearl-and-diamond earrings — borrowed from Queen Elizabeth II herself, says a royal source, “Kate appeared undeniably regal.”

It's no mistake. Over the last several years, the 38-year-old royal has been gradually shifting her mindset to that of a monarch, as the queen, 94, prepares to step down. “Kate has flourished into a queen in waiting in front of everyone's eyes,” the source tells *Us*. “And the royal family could not be more pleased.”

■ SUITED FOR THE JOB

As *Us* recently reported, the queen is gearing up to officially hand over the crown — after a historic 67-year reign — sometime next year. And while she plans to name her eldest son, Prince Charles, 72, king, his wife, Duchess Camilla, 73, will not be granted the title of queen. “The intention is for the duchess to be known as princess consort when the prince accedes to the throne,” a spokesperson for the royal couple tells *Us*. “This was announced at the time of the marriage and there has



The queen “takes great interest in hearing what William and Kate have to say because they’re so relatable to the next generation,” a palace insider recently told *Us*.



“KATE’S COME A LONG WAY FROM THE COLLEGE STUDENT WHO CAPTURED WILLIAM’S HEART ALMOST 20 YEARS AGO.”

A ROYAL SOURCE

been absolutely no change at all.”

When William, 38, takes the throne after his father, his wife is expected to be named the next queen consort. There’s talk that Her Majesty chose Kate for the title because “she’s William’s first and only wife, so she has all the appropriate qualifications from both a popular and practical perspective,” says the

source, adding that “Kate may change some of the outdated royal rules when she becomes queen,” including taking more time to meet and speak with the public at official events. “She’s also been very present on social media and has gotten comfortable doing TV interviews and

virtual chats. She’s keen to continue that in the future as well.”

The duchess has also been proactively taking on more royal duties and refining her already-elegant style — all while making motherhood to Prince George, 7, Princess Charlotte, 5, and

POLISHED AND PREPARED

Kate has proven that she’s ready to be queen



BALANCING ACT

The mom of three (seen here in October) has brought a dose of relatability to the palace with her hands-on rearing of George, Charlotte and Louis.



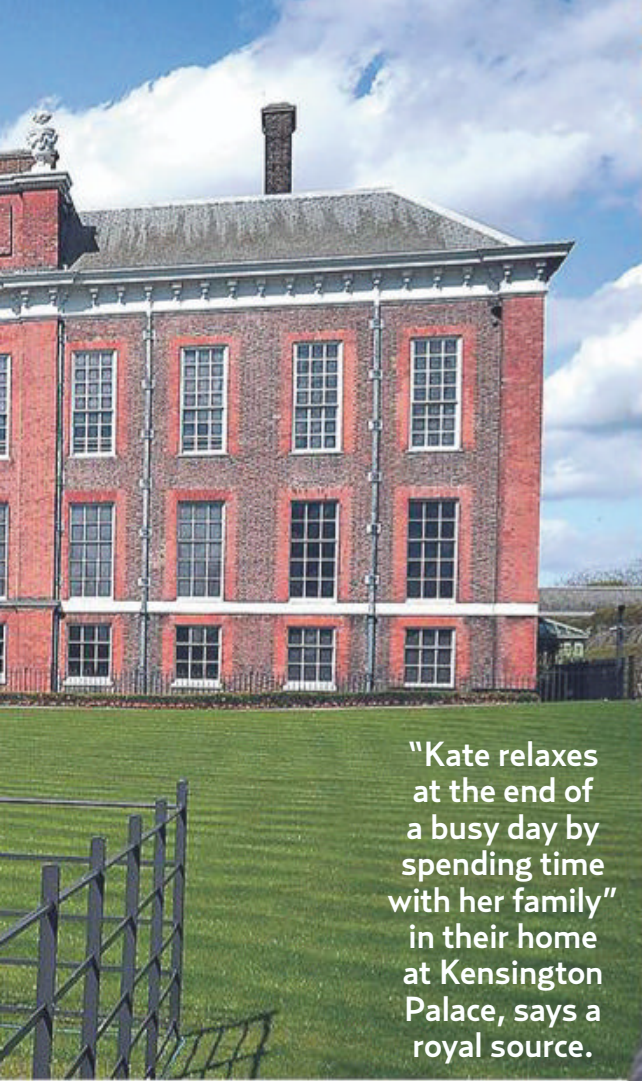
WORLDLY WISDOM

The duchess got comfy hosting foreign leaders when she and William welcomed Ukraine’s president and first lady to Buckingham Palace on Oct. 7.



ROYAL DUTY

Kate looked both somber and utterly regal on Nov. 8 while commemorating fallen soldiers with the rest of the royal family at Remembrance Day.



"Kate relaxes at the end of a busy day by spending time with her family" in their home at Kensington Palace, says a royal source.

signals that she's monarch material. Though there was an expected transition when Kate married into The Firm in 2011 — "She'd never grown up in a house with so much domestic staff, and liked to do things for herself," explains the source — she has a knack for adapting well to any situation. "Kate can look regal at Buckingham Palace, and she can kick back and enjoy the pastoral

surroundings at her and William's country home, Anmer Hall," says the source. "She also brings warmth and vitality to the family's apartment at Kensington Palace."

Rather than lazily settle into her life of creature comforts, she's taken an active, gracious role in domestic goings-on. "Kate listens to suggestions from the cook, the gardener, the housekeeper and everyone else — and acts on them," says the source. "She's very loyal to her staff and they adore her. That will make her a good queen."

Though Kate is happy to delegate tasks, she takes pride in being hands-on, whether preparing meals for the kids, ferrying them to school or shopping for their clothes online. Privately, she's struggling with the idea that she may have to sacrifice some precious time with her brood — and fears she won't live up to the pressure to be a picture-perfect mom. "Family means everything to Kate and one of her biggest worries about the future is not being there for George, Charlotte and Louis," an insider previously told *Us*. Kate's already feeling stretched thin. "She's constantly on her feet running after three young kids," the insider revealed. "She needs a break."

To unwind, Kate practices yoga, and "loves doing things like cooking for the kids and planting seeds with them in the garden," says the source, noting that she may get to enjoy even more R&R this holiday season. "Kate and William are planning to have their own family celebration at their country home," the source continues, adding that they'll spend Christmas Day virtually with the queen, Prince Philip, 99, and other family members. "The holidays will look different this year, but they'll be no less festive."

Especially if Kate has anything to do with it. Everything the royal does, "she does it all exceptionally well," says the source, insisting that it's further proof that "she's more than ready for what comes next." **US**



Still at Odds With the Sussexes

Kate's popularity in the U.K. has only grown — even as tensions with Prince Harry and Meghan Markle, who traded royal status for sunny California, have persisted. While Kate and William are said to have attempted cordial video chats with Harry, 36, and Meghan, 39, a royal source claims Kate has gone one step further in penning heartfelt letters to her sister-in-law. "Kate can better express herself in words, and she wanted Meghan to know she's sorry things didn't work out for her in Britain," says the source. "And she hopes they can ultimately forge a friendship someday."

Prince Louis, 2, look effortless. "Kate's come a long way from the college student who captured William's heart almost 20 years ago," says the source, adding that royal watchers have noted her subtle style transformation from low-cut gowns and flowing frocks to buttoned-up skirt suits and classic A-line dresses. "Kate has acquired a royal style all her own and everyone else, from Princesses Eugenie and Beatrice to Camilla, pale in comparison." But it hasn't been cheap. Adds the source, "Her wardrobe is rumored to be worth well over \$2 million."

Some may argue it's money well spent, as she has plenty of royal events to dress up for. "Kate's shouldering more responsibilities — she's already Royal Patron of 18 charities, and has taken on some of the queen's patronages as well," notes the source. "It used to be that you'd never see Kate at an event without William, but now she's attending many official functions on her own now, a sign that she's ready to be queen."

■ AT THE READY

The source also points to Kate's grace under pressure — and how it

CLOCKWISE FROM TOP LEFT: SHUTTERSTOCK; KATHERINE BALMER/SHUTTERSTOCK; TIM ROOKE/REX; JAMES WHATLING/MEGA; SHUTTERSTOCK; KENSINGTON PALACE/SHUTTERSTOCK



YOUNG LOVE

Duchess Kate and Prince William fell for each other in the early 2000s, while attending the University of St Andrews. "I actually went bright red when I [first] met [him]," Kate later confessed.



IT'S OFFICIAL

After a brief split in 2007, the pair got back together — and announced their engagement in late 2010. "It was beautiful," William gushed of the proposal.



WEDDING BELLS

Kate and William said "I do" on April 29, 2011 at Westminster Abbey in London.



LEARNING THE ROPES

The duchess stepped out for her first solo outing with Queen Elizabeth II in March 2012, proudly attending Her Majesty's Diamond Jubilee Tour.



CROWNING MOMENT

"Nothing can really prepare you for the sheer overwhelming experience of what it means to become a mother," said Kate, who welcomed her first child, Prince George, in July 2013.

The EVOLUTION

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One site



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HEART OF GOLD

Busy being a mom to George and Princess Charlotte, Kate (then-pregnant with baby No. 3) still found time to keep up with her charity work, visiting young patients at London's Great Ormond Street Hospital in January 2018.



HANDS-ON MOM

"Spending quality time together is such an important aspect of family life," said Kate, with her youngest, Prince Louis, at the 2019 Chelsea Flower show.



QUEEN OF STYLE

Kate looked stunning in an Alexander McQueen gown — and the Cambridge Lover's Knot tiara! — while attending a state banquet for the king and queen of the Netherlands in late 2018.



READY TO RULE

Despite the global pandemic, a brave Kate has continued to carry out her royal duties. In August she visited Baby Basics UK in Sheffield, England — and even helped unpack donations.

of KATE

From college sweetheart to Her Royal Highness, *Us* looks back at the Duchess of Cambridge's journey to the throne

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Available in Fruity Cereal and Chocolate Brownie flavors, it also makes it an ideal ingredient for protein-packed breakfast



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Made up of pea, sunflower, pumpkin and watermelon-based proteins, PERFORMIX® ioPLANT PROTEIN is the most bioavailable plant protein on the market. ioPLANT PROTEIN utilizes the same io™ technology as ioWHEY, making it the only plant protein that can build muscle and strength like a whey protein. With increased bioavailability, your body absorbs the same amount of plant protein from 21g of ioPLANT as it does with 55g of standard pea protein isolates. All in all, you get more from less.



As a personal trainer, I've been looking for a protein powder to complement my training and performance methods. Performix knocked it out of the park with this one, great tasting, no sugars and doesn't leave you feeling bloated. I'd recommend this within 30 minutes after a workout for a great recovery, go get yours today!!

-Scott, 8/20/20



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Walmart

*As demonstrated in a study conducted by Lowery et al at the Applied Science and Performance Institute in a blinded cross-over human clinical evaluating blood levels of branched chain amino acids in subjects after consuming standard WPI vs. io™ treated WPI.

^As demonstrated in an 8-week, blinded human clinical trial evaluating psychometric measures of impact on stomach distress in subjects after consuming 28 grams of standard WPI vs. 28 grams of ioProtein® WPI. Subjects ingesting ioProtein® reported a 46% reduction in stomach discomfort.

*Based on one serving of any flavor of ioWHEY PROTEIN.



*Hillsong
Church*

Safe haven or celebrity-obsessed cult? As one of the megachurch's most recognized leaders is fired for infidelity, questions arise over what else they might be hiding

UNDER FIRE

With his hipster glasses, tattoos and seemingly endless list of famous friends, former Hillsong Church pastor Carl Lentz seemed more like a celebrity himself than a devout religious leader. But his days of attending glitzy red carpet events while serving as Hollywood's go-to spiritual advisor are likely a thing of the past. On Nov. 5, the

founder of the megachurch revealed Lentz had been fired for "moral failures," and the disgraced clergyman soon admitted on social media he'd cheated on his wife of 17 years, Laura, with NYC-based fashion designer Ranin Karim. By Nov. 11, his closest Hollywood confidant, Justin Bieber — as well as the singer's wife, Hailey — had unfollowed him on Instagram.

Now, sources tell *Us* higher ups at Hillsong are terrified Lentz's scandal will expose the church to even more scrutiny. After launching in the early 1980s in Australia, the "contemporary Pentecostal" church quickly gained popularity and by 2010, it was attracting the likes of big name stars. But its future hangs in the balance as allegations of homophobia, financial

scams and an obsession with fame and fortune emerge. "There are fears more skeletons will be exposed which will reveal the darker side of Hillsong," says one source. "In some quarters it's being seen as an elitist evangelist cult, and there's no question the church is at an important crossroads."

SHADY DEALINGS

Controversy has quietly



Mistress Karim tells *Us* she and Lentz "had ups and downs."

followed the church for years. In the early 2000s, it was embroiled in a child sexual abuse scandal (founder Brian Houston's late father admitted to abuse decades earlier; Hillsong created mandatory child protection training for pastors in response), and in 2015 the church was accused of being anti-LGBTQ when two gay choir members were removed from leadership roles over their sexuality. Says the source, "The fallout from that was significant."

The church's practices

around money have also been a hot topic. In 2010, Hillsong raked in \$100 million dollars from members — while higher-ups enjoyed increasingly lavish lifestyles. "The majority of people accepted into the inner fold are extremely well-off," says the source, "and it's not uncommon to see members of the clergy dripping in diamonds." (A second source says members are advised to fork over 10 percent of their income for expansion efforts.)

■ BAD BEHAVIOR

Lentz's affair has cast another dark shadow. Designer Karim tells *Us* she met the 42-year-old at a park in Brooklyn in May 2020 before embarking on a five-month liaison. "I found out he was married later," says the 34-year-old.

"He would talk to me about feeling bad about what he was doing to her."

And while a Lentz reportedly has a reputation for being fame-hungry and creepy — "He meets celebrities, sends them a ton of books and tries to hang out with them," says a third source — he "isn't the only person on staff who is having extramarital affairs," reveals the second source, "He's just the one who got caught."

■ DAMAGE CONTROL

No one is sure what the future holds for Lentz or the church, however, the first source says there's some hope inside Hillsong that Lentz will be forgiven. "He was so pivotal in shaping everything to do with the church," says the source. "Members are shocked and sad, but [have their fingers crossed that] he'll eventually be allowed back into the fold to atone for his actions."

US



CELEBRITIES FLOCKED TO IT!

➤ On any given Sunday, the front row at Hillsong Church services in L.A. and NYC look more like a fashion week event than a religious function with the likes of Kylie Jenner, Justin and Hailey Bieber, Chris Pratt, Katherine Schwarzenegger and Selena Gomez sitting front and center. "Celebrities love Hillsong because it's an amazing place to network and they're very protected in terms of any secrets or confessions leaking out," says a source, adding that A-listers get one-on-one guidance and "religious therapy" whenever they need it. (There's also the whole rock star vibe: Follower Vanessa Hudgens likened it to an Arcade Fire concert saying, "It's epic like that.") But the church may look to keep a lower profile going forward. "More whistleblowers will be coming forward to share unhappy experiences," warns the source. "The church feels like it's under siege and is shutting itself off from the outside world."



Splash

Celebs were made to walk the plank in the 2013 ABC reality competition, which featured stars performing high-diving challenges that were then judged by Olympic divers. *Splash* only lasted one season — as many of its contestants were injured in the process. During her final dive, *Baywatch* alum Nicole Eggert landed on her back. She emerged from the water yelling for help and was sent to the hospital for treatment. Hours later, she was released and ended up coming in second place behind extreme skier Rory Bushfield.

I Wanna Marry "Harry"

Four years before Prince Harry married Meghan Markle, single ladies lined up to vie for his affection in what they thought was a fairy tale in the making. Much to their surprise, it wasn't actually Harry they were competing for on the 2014 reality show — it was look-alike Matthew Hicks! Posing as the prince, Hicks was chosen from over 100 Harry doppelgängers, and the series went to extreme lengths to convince the 12 American contestants he was, in fact, the redheaded royal. Hicks studied Harry's personal background and was made to learn hobbies like horseback riding and fencing, while a production member posed as a therapist

to persuade any contestants who doubted his identity. But after just four weeks, *I Wanna Marry "Harry"* was pulled from the air, even though the contest was already filmed to completion. (Much like Harry's real-life wife, winner Kimberly Birch was an actress!)



Stranger Than



Farmer Wants a Wife

It wasn't long before this reality dating show was put out to pasture. Ten city singles competed for a relationship with farmer Matt Neustadt on the 2008 CW series, and though marketing representative Brooke Ward was the last lady standing, she didn't find lasting love with the farmer after all. "Right after it was filmed, Matt and I were both really confused about our intentions for being on the show [and] our intentions for each other," she said following the finale. "Even though you've got real feelings for each other, it was really hard to figure out." Though the couple dated on and off after the cameras stopped rolling, it was reported that their relationship — much like the show — had eventually fizzled.





Scream Queens

In this VH1 series, which aired from 2008 to 2010, *Saw* star Shawnee Smith, filmmaker James Gunn and acting coach John Homa judged 10 female contestants competing for a role in an upcoming horror flick. Each week the scary-movie hopefuls took part in acting challenges inspired by the big screen, and the least successful scream queen got the ax. At the end of season 1, Tanedra Howard was crowned the winner and awarded a role in *Saw VI*. Maybe this reality show wasn't so scary after all.



Fiction

And you thought things got out of hand on *The Bachelorette! Us* looks back on the most outlandish reality shows to ever air on television

Joe Millionaire

On the 2003 Fox reality dating show, 20 women were tricked into thinking that Evan Marriott — a hunky construction worker making \$19,000 a year — was the heir to a multimillion-dollar fortune. When Marriott finally chose a bachelorette, he let the not-so-lucky lady in on his little secret — and if she stayed with him, the couple would be gifted a real check for a million dollars. In the end, Marriott chose substitute teacher Zora Andrich; the couple split the big prize, but parted ways soon after the show's finale.



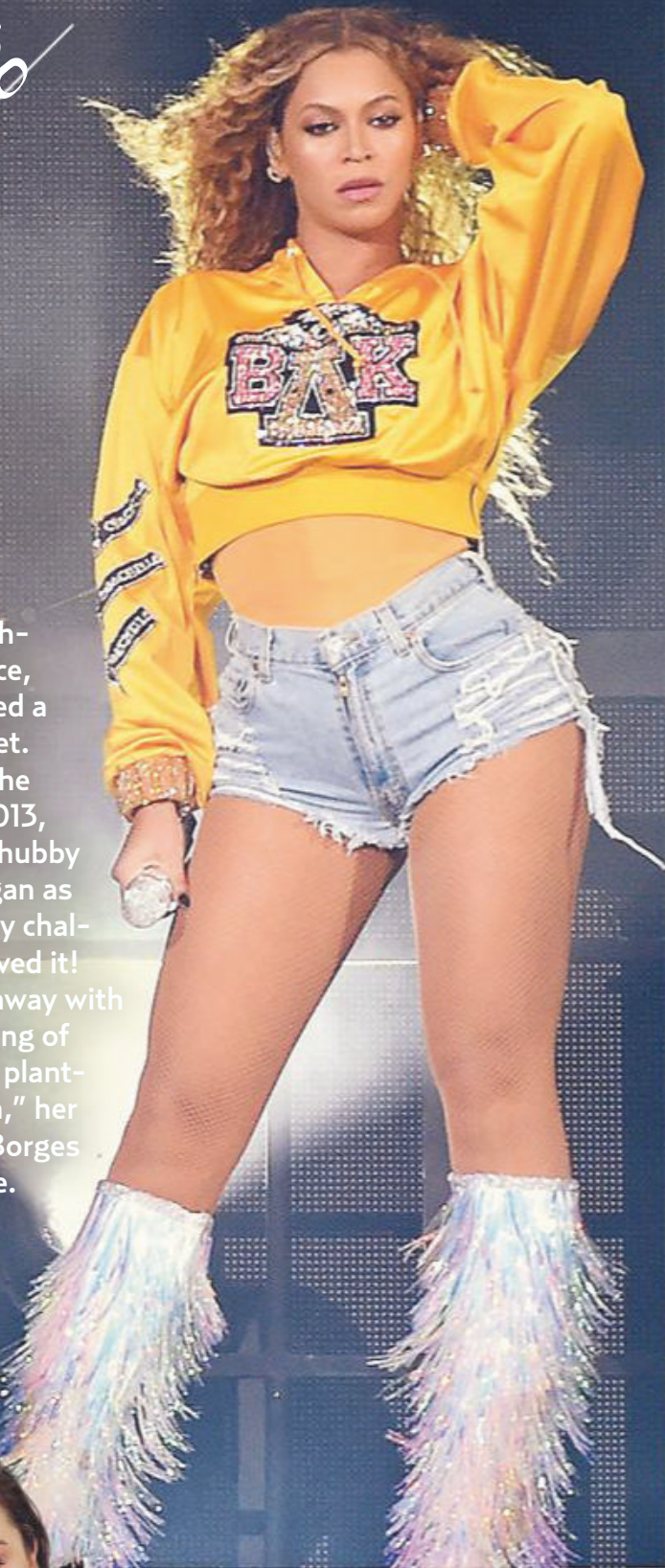
Who's Your Daddy

This bizarre 2005 reality series was panned (and canned!) after airing only one 90-minute episode! Mimicking ABC's *Bachelor* franchise, a slew of male contestants were put up in a luxurious mansion with its female star, T.J. Myers (pictured, right), not on a hunt for that special someone — but for her biological father. If she guessed correctly, she'd win \$100,000. But if she chose someone who was "posing" as her father, the imposter selected would get the prize money instead. Adoption agencies slammed the Fox show for trivializing such a personal experience, but *Who's Your Daddy* star Myers insisted it was "full of love." Though the rest of the episodes never aired, Myers ultimately picked her birth father out of the bunch and walked away \$100,000 richer.

CLOCKWISE FROM BOTTOM LEFT: THE CW; PICTURE PERFECT/SHUTTERSTOCK; DANIEL SMITH/FOX; CHRIS RAPHAEL/FOX; MOVIESTORE/SHUTTERSTOCK; COURTESY OF FOX (2)

BEYONCÉ VEGAN

To prep for her epic 2018 Coachella performance, Bey, 39, adopted a plant-based diet. And it wasn't the first time. In 2013, the singer and hubby Jay-Z went vegan as part of a 22-day challenge—and loved it! “They walked away with an understanding of the benefits of plant-based nutrition,” her trainer Marco Borges said at the time.



MIRANDA KERR 80/20

Everything in moderation! The supermodel, 37, has said that she stays in tip-top shape by eating healthy “organic foods 80 percent of the time” — and gives in to her cravings the other 20 percent. She describes her diet as mostly green — “kale, spinach, collard greens, little radishes” — and never strays from her daily probiotic, which aids in digestive health.



HOLLYWOOD'S HOTTEST DIETS

Looking to get healthy? Check out these celeb-approved meal plans



VANESSA HUDGENS KETO

The 31-year-old actress swears by the ketogenic diet to look and feel her best. “No carbs. No dairy. No refined sugar. It’s eating real foods,” Hudgens once said of the wildly popular healthy-fat-fueled meal plan. “We’ve been trained to think fats are bad, but they’re a source of energy and sustenance that keeps you going through the day.”



JESSICA BIEL PALEO

The mom of two, 38, tries her best to stick to the paleo diet, which is based on eating mainly meat, fish, nuts, veggies and fruit — foods that were consumed by humans during the Paleolithic period. “[I’ll] start off with paleo pancakes with some cashew or almond butter... and [I] like chicken-apple sausage,” she’s said of a typical breakfast.

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Kosas
10-Second
Eyeshadow in
Fahrenheit,
\$28, kosas.com



Get a trendy — and surprisingly sexy — look with monochromatic shades of red or pink. Not used to wearing rosy hues? "Blend on just a bit, concentrated at the lashline," says the L.A.-based makeup artist, as she did on Castle Rock star **Lizzy Caplan**.



Punch up your lip color with a swipe of a glossy neutral. The light-reflecting properties of a shine "have a plumping effect which makes your lips wake up," says the pro, who used a glowy nude on **Christina Applegate** for the SAG Awards red carpet.

Dior Lip Glow in
Rosewood, \$34,
dior.com



Take the guesswork out of transforming into a big-night-out look with "black rimmed eyes and fake lashes," suggests the guru. Case in point: **Rashida Jones** at the Vanity Fair Oscars Party. If you're a faux lash rookie, try lightweight, flexible strips.

LoveSeen
Axel Black
Lashes, \$22,
loveseen.com



Shine THROUGH the HOLIDAYS

Hollywood makeup pro **Jamie Greenberg** gives *Us* quick tricks to get gorgeous, even if your celebrations are virtual



Em Cosmetics Illustrative
Eyeliner, \$21, emcosmetics.com



Perfect a cat-eye flick (seen on *Black Christmas* actress **Brittany O'Grady**) by drawing it on with soft kohl liner, then topping with liquid. "Remember when you'd write your book report in pencil and then trace it in pen? Same concept here," she jokes.



Perk up tired skin with a cream blush like Greenberg's own Blighlighter, which "blends blush and highlighter to give you a believable flush," she says. Dot on the apples of cheeks and blend up and out for a look like Greenberg applied on *Grown-ish* star **Emily Arlidge** at the NAACP Image Awards.



The Blighlighter, \$34, jamiemakeup.com



Make a major statement with a bold lip, even with little other makeup. Make it transfer-proof, as Greenberg did for **Tracee Ellis Ross** at the 2017 Golden Globes, by dusting powder on, then applying color and pressing it in. Follow with a second coat.

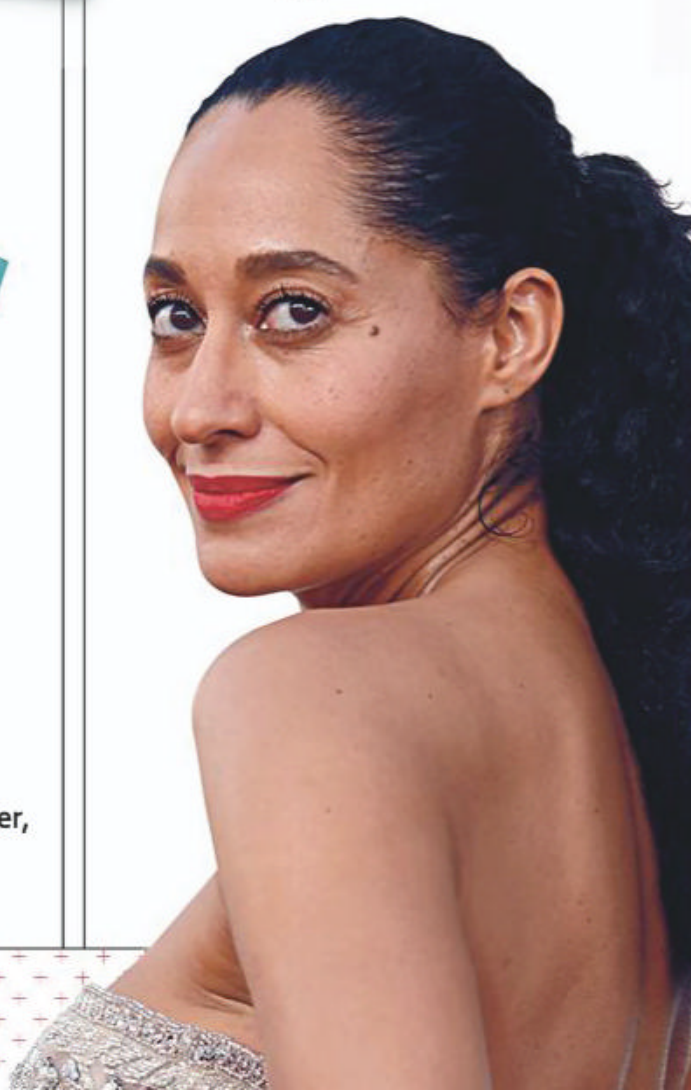


L'Oréal Paris Infallible Lip Paints in Orange Envy, \$4, walmart.com

Thrive Causemetics Focus Eyeshadow Palette 1, \$36, thrivecausemetics.com



Make your eyes pop with a foolproof smokey eye like **Joey King's**. Use coordinating shimmery earth-toned shadows and "keep the inner corners really open" using a dab of a highlighter, such as Thrive Causemetics Brilliant Eye Brightener, Greenberg advises.



Just Add Bling!

Only have seconds? Transform your look with a festive accessory



SPARKLY HUGGIES
BaubleBar Chained 18K Gold Vermeil Double Huggie \$58, baublebar.com

CHIC DANGLERS

Katherine Parr Wheat Sheaf Earrings in Sterling Silver, \$165, katherineparrjewelry.com



LUXE HEADBAND

Lele Sadoughi Ivory Pastel Mixed Crystal Headband, \$198, lelesadoughi.com

BEJEWELLED BOBBIES

Kitsch x Justine Marjan Rhinestone Stacker, \$29, mykitsch.com



VELVET BOW

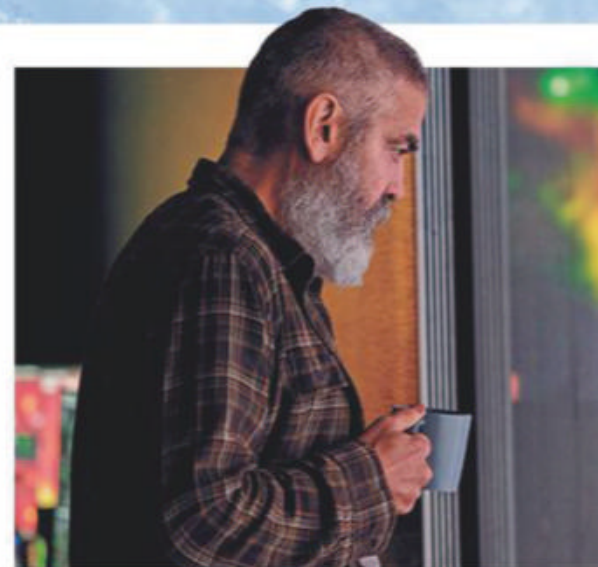
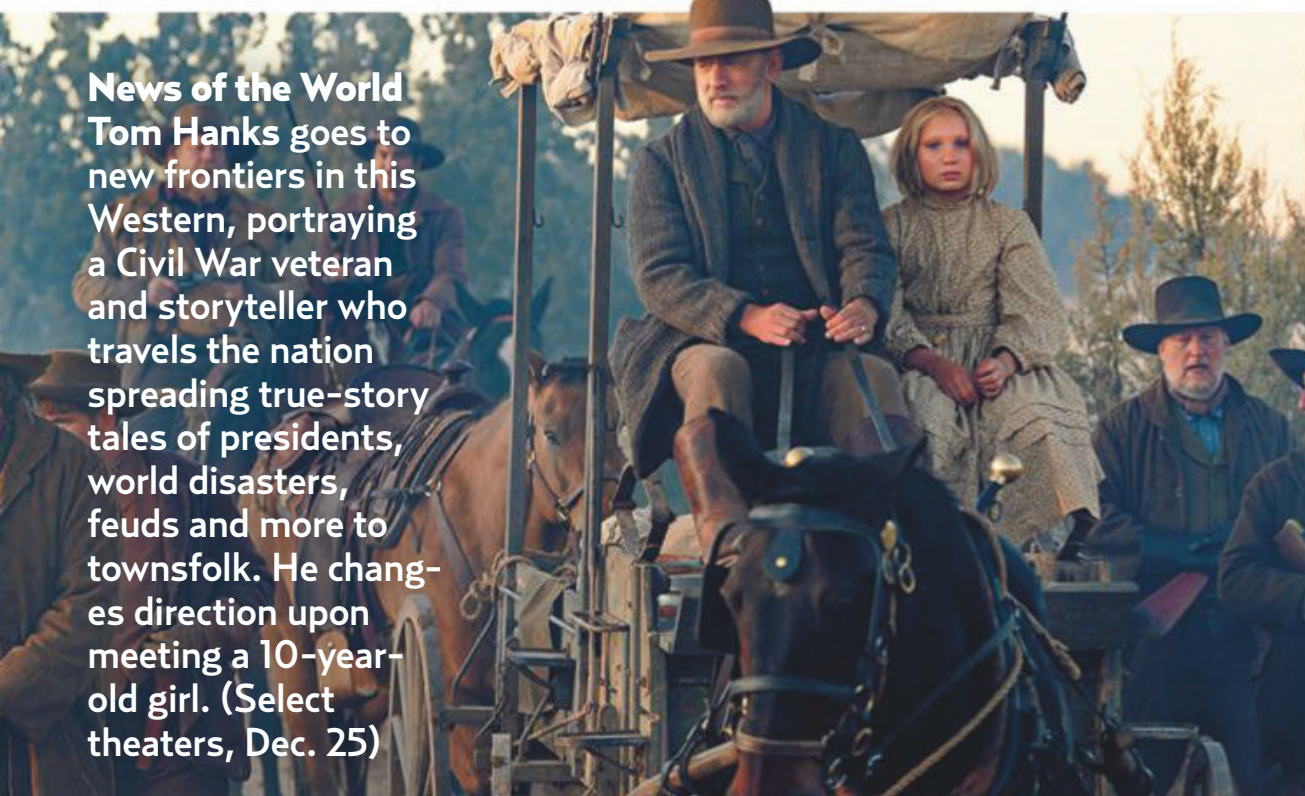
Jennifer Behr Dynasty Velvet Bow Barrette, \$425, jenniferbehr.com

Ho-Ho-Holiday Movie Preview

There's no better time than now to immerse yourself in one of these must-see winter flicks **BY MARA REINSTEIN**

News of the World

Tom Hanks goes to new frontiers in this Western, portraying a Civil War veteran and storyteller who travels the nation spreading true-story tales of presidents, world disasters, feuds and more to townsfolk. He changes direction upon meeting a 10-year-old girl. (Select theaters, Dec. 25)



The Midnight Sky

George Clooney stars in and directs this post-apocalyptic drama purported to be science fiction. After a global catastrophe, his scientist character searches for a way to warn a space crew against returning to Earth. (Netflix, Dec. 23)

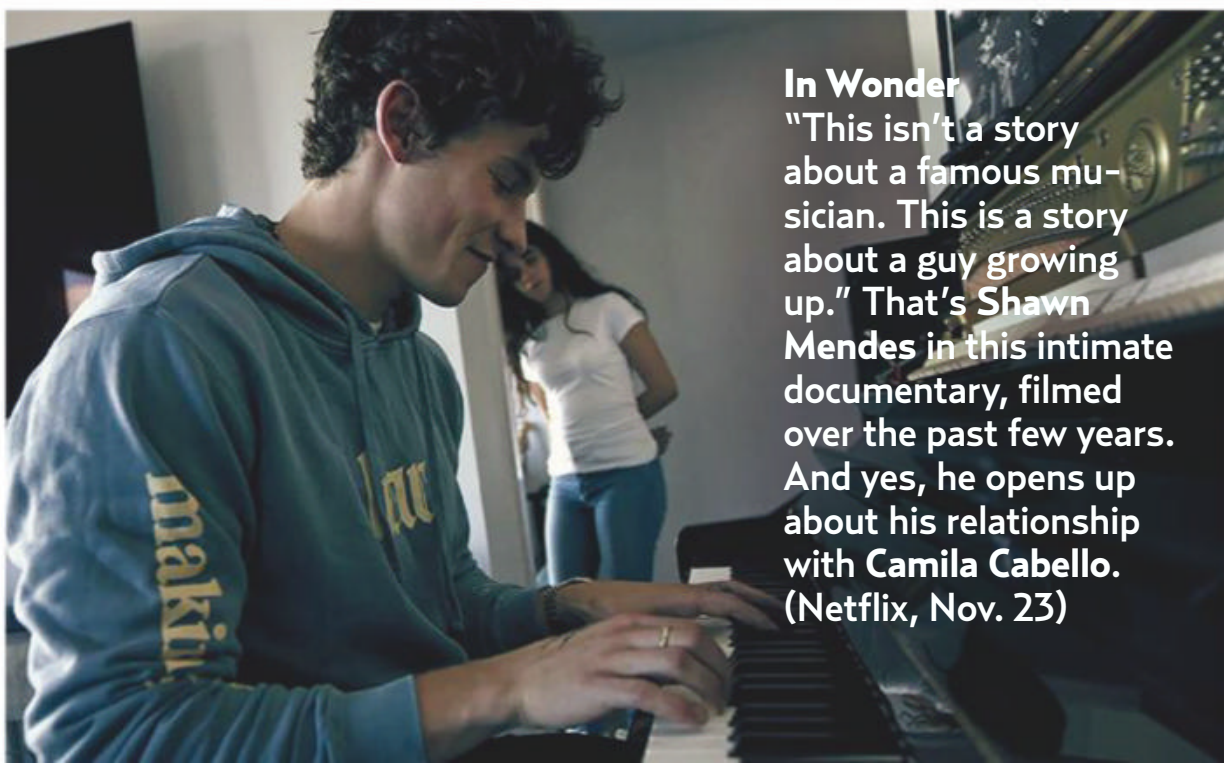


Promising Young Woman

Try not to read too much about this genre-twisting mindbender from first-time writer-director Emerald Fennell (*Killing Eve*). The purposely vague details: Carey Mulligan confronts the traumas of her past while pursuing a new romance. (Select theaters, Dec. 25)

Nomadland

Director Chloé Zhao won the top prizes at the Venice and Toronto film festivals with this highly nuanced drama about a disenfranchised widow (Frances McDormand) who crisscrosses the country in her beat-up van, trying to make a go at life. (Select theaters and VOD, Dec. 4)



In Wonder

"This isn't a story about a famous musician. This is a story about a guy growing up." That's Shawn Mendes in this intimate documentary, filmed over the past few years. And yes, he opens up about his relationship with Camila Cabello. (Netflix, Nov. 23)



The Prom

Broadway has gone dark, but we'll still get to see a star-studded version of one of its brightest entries. **Nicole Kidman, Meryl Streep, Kerry Washington and James Corden** lead the cast of this musical, which follows a gay student barred from taking her girlfriend to the prom. (Netflix, Dec. 11)

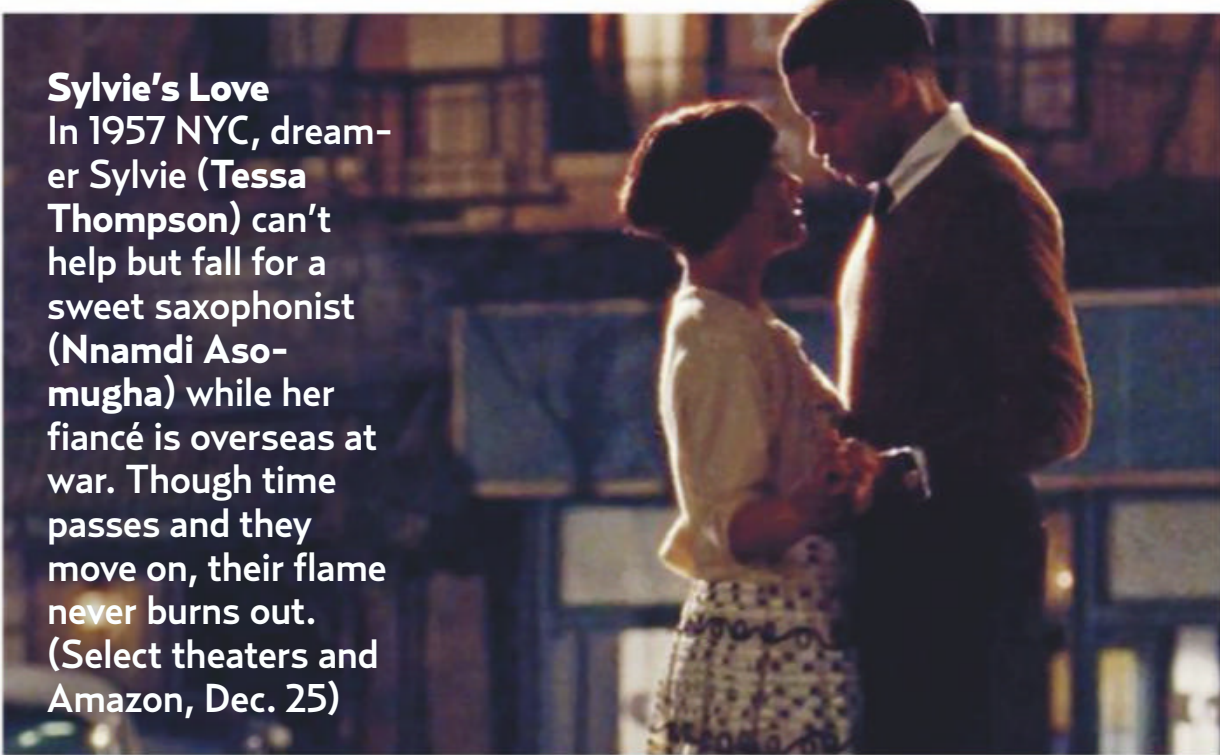


Sylvie's Love

In 1957 NYC, dreamer Sylvie (**Tessa Thompson**) can't help but fall for a sweet saxophonist (**Nnamdi Asomugha**) while her fiancé is overseas at war. Though time passes and they move on, their flame never burns out. (Select theaters and Amazon, Dec. 25)

Superintelligence

When times are tough, a harmless **Melissa McCarthy** comedy can do wonders. She plays "the most average person on Earth," who's chosen by an all-powerful superintelligence to decide whether humanity is worth saving. (HBO Max, Nov. 26)



Ma Rainey's Black Bottom

It still seems impossible to believe that **Chadwick Boseman** is gone. This drama, about the members of a band in 1920s Chicago awaiting the arrival of its lead singer, marks his final role. Boseman plays an ambitious trumpeter. (Netflix, Dec. 18)



Fingers Crossed!

Wonder Woman 1984

Sixth release date's a charm? **Gal Gadot's** Princess of Themyscira (i.e., Diana Prince) has fast-forwarded to the totally awesome '80s. That's where she faces off against two new foes: Cheetah (**Kristen Wiig**) and Maxwell Lord (**Pedro Pascal**). (Select theaters, Dec. 25)





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UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

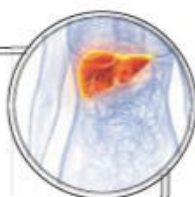
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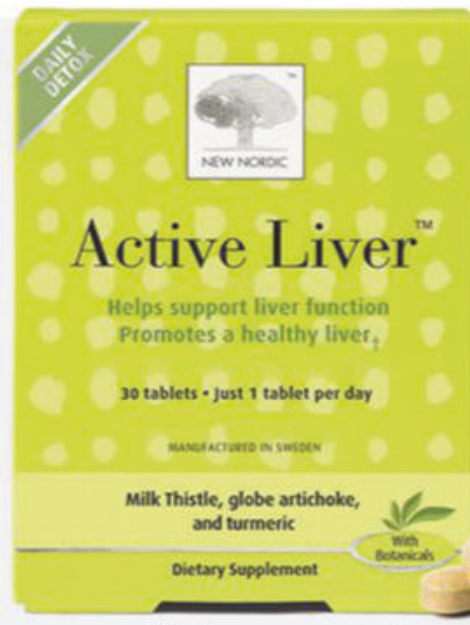
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	YES	NO
I suffer from headaches or brain fog	☐	☐
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I'm tired all the time	☐	☐
My skin itches and I see brown spots	☐	☐
My tongue is coated	☐	☐

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FASHION DO



Budapest,
Hungary,
Nov. 8

BEBE REXHA

LAWRENCE > Shouldn't she be spinning in a jewelry box?
RYAN & CAROLINE > Raggedy Ann is all grown up!
GRANDBERG > Napkin on lap, ready to eat.



Beverly Hills,
Nov. 6

ANWAR HADID

GRANDBERG > Texting mom to pick him up from the sleepover.
VALDEZ > Anwar do you think you are going in this?
LAWRENCE > Is that his dream outfit?



Budapest,
Hungary,
Nov. 8

CENSORED
BY Us

CENSORED
BY Us

DOJA CAT

THOMPSON > Now that's the Cat's pajamas, literally.
GRANDBERG > More like why don't you say no?
HUNTER > Catch of the day?

TOP
COPS



COOPER LAWRENCE
radio personality
cooperlawrence.com



RYAN & CAROLINE
Ryanjareviews.com



WILLIAM GRANDBERG
Writer/Producer,
thewillbill.com



JONATHAN VALDEZ
creator, Orangejuice
andbiscuits.com,
@jonathanrvaldez



WOODY THOMPSON
owner,
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ALICIA HUNTER
celebrity lash artist,
Aliciahunter.com



GALANTY MILLER
Scottgalantymiller.com



JOHN McCLAIN
John McClain Design —
Interior Designer, Los Angeles

LICE

WHEN BAD CLOTHES HAPPEN TO GOOD PEOPLE



Manchester,
England,
Nov. 11

WILL.I.AM

MILLER > The dentist is doing X-rays today.
McCLAIN > Will.i.am not liking this.
KEMBLE > "I Gotta Feeling" he's gonna regret this.



West
Hollywood,
Nov. 7

SAWEETIE

McCLAIN > I spot bad taste.
LOPEZ > Saweetie's look is sour.
MILLER > This outfit is sawrong.



L.A.,
Nov. 1

DAVID ARQUETTE

LOPEZ > Some whites shouldn't be worn before or after Labor Day.
LAWRENCE > The ice cream man wore it better.
McCLAIN > Moonlighting as a painter?



STEVE KEMBLE
CBS Radio



JOHNNY LOPEZ
@TheJohnnyLopez

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25

THINGS YOU DON'T KNOW ABOUT ME

BY **Lindsey Vonn**

The former Olympic alpine ski racer glides *Us* through her truths



Vonn is the host of *The Pack*, which is available to stream Nov. 20 on Amazon Prime.



1. I wear a retainer at night.

2. I bite my nails.
3. I have blown out my eardrums surfing and jumping off cliffs into lakes.
4. I'm a total klutz.
5. I don't have hair extensions, contrary to popular belief.
6. There are triplets in my family.



7. If I'm up past 10 P.M. I need a Red Bull.

8. I'm also not a morning person — middle of the day is where I thrive.
9. I'm an introvert.
10. I'm a better driver than [my fiancé] P.K. Subban.
11. In the three years that we've been together, I've never [gone] skiing with P.K. We [haven't been able] to due to work [commitments].

12. I was a germophobe long before Covid.



13. I speak German fluently.
14. [My dog] Lucy enjoys zip-lining as much as I do.
15. I hate the cold [even though I] spent most of my life in it.
16. I have a plate and 18 screws in my arm.



17. I love scuba diving and snorkeling, and sharks.

18. Before P.K. came along, I slept with all three of my dogs in my bed. Lucy is the best snuggler.
19. My favorite dog is Leo, not Lucy. (Don't tell her!)
20. I've had nine surgeries.
21. I wish I was good at tennis.
22. I'm the oldest of 13 grandchildren.



23. My bedroom is never clean. I never unpack my suitcases when I get home.

24. I got my hand [jammed] in a car door when I was 9. That's why I have terrible hands.
25. I grew up with a golden retriever named Thunder, whose nickname was Thundy Wundy Bundy, and a turtle I named Tommy Tippy Longneck.

CLOCKWISE FROM BOTTOM LEFT: SHUTTERSTOCK/OKSANA2010; VARIETY/REX; SHUTTERSTOCK; SHUTTERSTOCK/NOVAD_SOUL; BILLION PHOTOS; SHUTTERSTOCK/JAOWFAH; SHUTTERSTOCK/MEGA PIXEL; SHUTTERSTOCK/NOVAD_SOUL

Stay Healthy. Stay Calm.

Inhale, exhale, relax



We're all working on self-care these days. Whether it's bubble bath, a walk in the park or a few moments of meditation, staying healthy and calm is a priority. Our new LifeToGo Immunity+ Calm Vitamin Drink Mixes are a must for your self-care routine, providing your body and mind a way to relax while also supporting your immune system.

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